# Panasonic

# Operation Guide

INVERTER SERIES

## MODEL NUMBERS
## NN-S560
## NN-S540

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# Safety Instructions

## Precautions to be taken when using Microwave Ovens for Heating foodstuffs

**INSPECTION FOR DAMAGE.** A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

**PRECAUTIONS.** Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

## Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cav
   (a) Do not overcook food. Carefully atte microwave oven if paper, plastic, or combustible materials are placed ins to facilitate cooking.
   (b) Remove wire twist-ties from bags be bag in oven.
   (c) If materials inside the oven should ig oven door closed, turn oven off at the or shut off power at the fuse or circui panel.

## Earthing Instructions

This microwave oven must be earthed. In an electrical short circuit, earthing reduces electric shock by providing an escape wire electric current. This microwave oven is eq a cord having an earthing wire with an eart The plug must be plugged into an outlet th installed and earthed.
WARNING—Improper use of the earthing can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE BEEN INSPECTED AND COMPLIES WIT REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE REGULATIONS 1982.
MATSUSHITA ELECTRICAL INDUSTRIA

(This statement applicable only to New Ze

We certify that this microwave oven has b inspected and complies with the safety re of government notice 466 of March 1981, complies with the Radio Regulation of gov notice 587 of March 1986.

(This statement applicable only to South A

## WARNING

a) The door seals and door seal areas sho cleaned with a damp cloth. The applianc inspected for damage to the door seals seal areas and if these areas are damag appliance should not be operated until it repaired by a qualified service technician the manufacturer.
b) It is dangerous for anyone other than a q service technician trained by the manufa perform repair services.
c) If the supply cord of this appliance is dam must be replaced by the special cord ava from the manufacturer.
d) Before use, the user should check that u suitable for use in microwave ovens.
e) Liquids or other foods must not be heate containers since they are liable to explod
f) Only allow children to use the oven witho supervision when adequate instructions h given so that the child is able to use the o safe way and understands the hazards of use.

# Installation and General Instructions



## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If smoke is observed, press the ***STOP/RESET*** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The GlassTray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials, as these types of containers ignite if overheated.

## Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. Servicing of parts replacement may be required.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range **or sink etc.**
   c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. This microwave oven is not designed and approved for counter top use only. Failure due to built-in installation may void the warranty.

## Circuits

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

# Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).
From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.
Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

### Reflection:
Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

### Transmission:
Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

### Absorption:
Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

# Cookware and Utensil Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

### How to Test a Container for Safe Microwave Oven Use
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested. Heat one minute on **HIGH.** If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

### Paper Products and Freezer Wrap
Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

### Glass, Ceramic and China
**Heat-Resistant glass cookware** is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

**Dinnerware** can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

**Several types of glassware and dinnerware** are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

# Cookware and Utensil Guide *(continued)*



## Plastics

**Plastic dishes, cups and some freezer containers** should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **P10** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

**Cooking Bags** designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

**Plastic Wrap** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

## Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks, etc.. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.

Use pot holders to remove the dish from the microwave oven. Do not use the browning dish on or in a conventional stove.

**Remember:**

Food can be covered with a loose sheet of absorbent towel to prevent splattering. Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

**Note:**

Browning dishes may no longer be available. This information is being supplied to assist people who own browning dishes.

## Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing."

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

**Shells:** Scalloped baking shells are best used during reheating and for short periods of cooking time only.

**Thermometers** are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

## Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

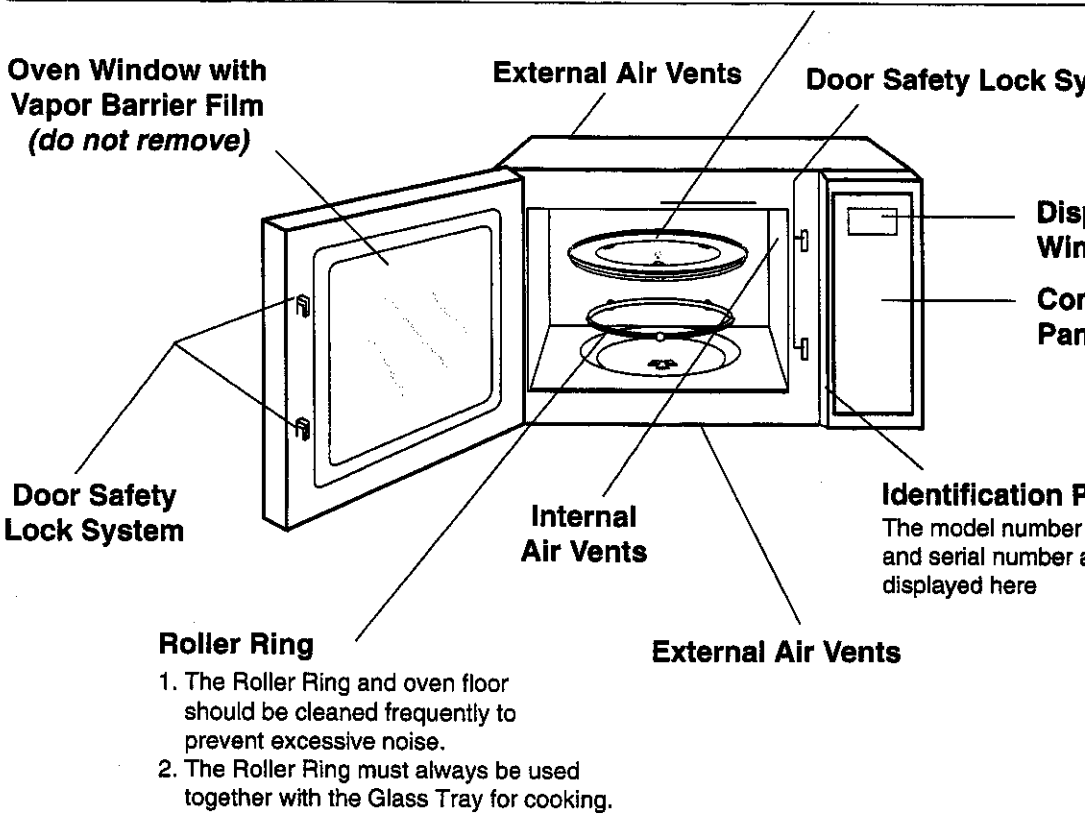
## Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

# Feature Diagram

### Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack se microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.




1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Tray for cooking.

### Pull Open Door

Pull to open the door. Opening the door during cooking will stop the cooking process without cancellin programme. Cooking resumes as soon as the door is closed and ***Start*** Pad is pressed. It is quite safe the door at any time during a cooking programme. There is no risk of microwave exposure.

### Oven Light

Oven Light turns on only while cooking and will not turn on when oven door is opened.

# Control Panels

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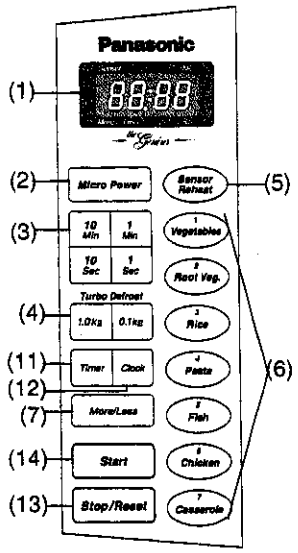
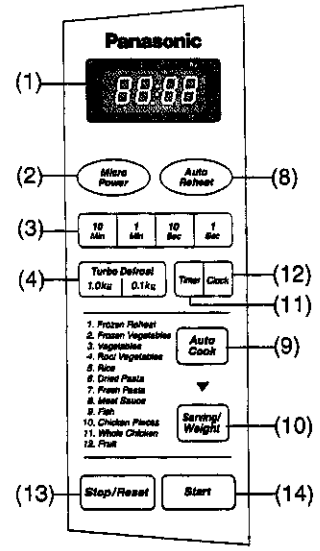
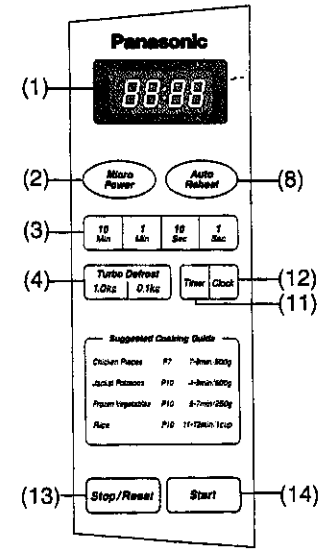



I-S550




N-S540




## CONTROL PANELS

(1) Display Window
(2) ***Micro Power*** Pad (pg. 10)
(3) Time Pads
(4) ***Turbo Defrost*** Pad (pg. 12)
(5) ***Sensor Reheat*** Pad (pg. 18)
(6) Sensor Cook Pads (pg. 18-19)
(7) ***More/Less*** Pad (pg. 18)
(8) ***Auto Reheat*** Pad (pg. 14)
(9) ***Auto Cook*** Pad (pg. 15)
(10) ***Serving / Weight*** Pad (pg. 15)
(11) ***Timer*** Pad (pg. 20)
(12) ***Clock*** Pad (pg. 9)
(13) ***Stop/Reset*** Pad

**Before cooking:** One tap clears your instructions.
**During cooking:** One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the Display Window.

(14) ***Start*** Pad

One tap allows oven to begin functioning. If door is opened or ***Stop/Reset*** Pad is pressed once during oven operation, ***Start*** Pad must again be pressed to restart oven.

### Beep Sound

When a pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit did not or could not accept the instruction. The oven will beep twice betwen programmed stages. At the end of any completed program, the oven will beep 5 times.

# Let's Start To Use Your Oven!

## 1 Plug in

Plug into a properly earthed electrical outlet. "88:88" will appear in the Display Window.

## 2 Pull Door

Open the door and place container with food on Glass Tray in the oven. Then close the door.

## 3 Select Power Level

e.g. P7

Press ***Micro Power*** Pad four times.

(see page 12 for Micro Power chart)

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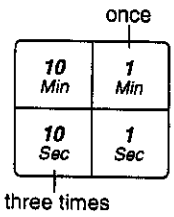
## 4 Set Time

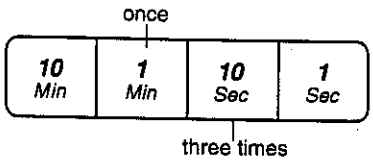
e.g. 1 minute 30 seconds

**Press Time Pad**

**NN-S560**

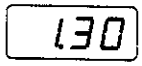



**NN-S550 / NN-S540**




## 5 Press

Verify your selection(s) in the Display Window.

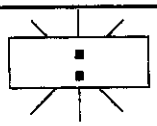


# To Set Clock

You can use the oven without setting the clock.

## 1 Press [Clock]

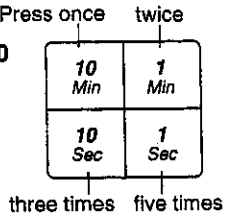
Colon will blink in Display Window.



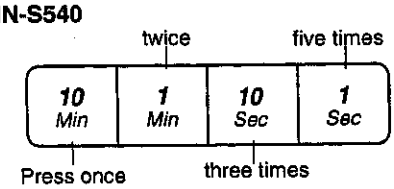
## 2 Enter Time of Day

Enter time of day using Time Pads e.g. 12:35
Clock is a 12 hour display. There isn't a.m. or p.m. setting.

**NN-S560**




**NN-S550 / NN-S540**




## 3 Press [Clock]

Colon stops blinking; time of day is entered and locked into Display Window.

**NOTES:** 1.Oven will not operate while colon is still blinking
2. To reset time of day, repeat step 1 through 3.
3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
4. Maximum time available is 12:59. Clock is 12 hour only.



# To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Safety Lock when colon or time of day is displayed.

**To set:**

Colon or time of day is displayed — **Press 3 times.** — Display Window

**To cancel:**

Display Window — **Press 3 times.** — Colon or time of day is displayed

# To Reheat by Micro Power and Time

**Reheat by Setting Power and Time - Frozen Convenience Foods**

| FROZEN ITEM (Pre-cooked) | POWER | TIME (in minutes) | SPECIAL INSTRUCTIONS |
|---|---|---|---|
| **BREAD & BAKED PRODUCT** | | | |
| Bread 1 slice | P7 | 10 - 15 sec | Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. |
| 1 loaf | P7 | 1 - 3 | |
| 6 rolls | P6 | 1 - 2 | Place on paper towel to absorb moisture. |
| Cheesecake (450g) | P3 | 2 - 3 | Remove from container. Defrost on plate. |
| Muffins - 4 (350 g) | P7 | 2 - 3 | Place onto paper towel lined plate. |
| Scones - 6 (400 g) | P6 | 2 - 3 | Defrost on paper lined plate. Stand 2 minutes. |
| **PIES** | | | |
| Fruit Pie (600 g) | P3 then P7 | 5 - 7<br>5 - 7 | Remove from foil container and place uncovered into a pie dish. |
| Meat Pie (175g) | P7 | 3 - 4 | Place onto paper towel lined plate. |
| Pizza (350 g) | P10 | 5 - 7 | Remove from package and place onto paper towel or follow manufacturer's instructions. |
| **FROZEN MEAL** | | | |
| Fish in Sauce (200 g) | P5 | 6 - 8 | Pierce corner of bag. Heat on a plate. |
| Instant Casserole in Pouch (500g) | P7 | 6 - 8 | Pierce pouch. Heat on a plate or bowl. |
| Lasagne (400 g) | P9 | 7 - 9 | Remove from foil container, place into serving dish. |
| Plated style dinner (320 g) | P5 | 8 - 10 | Remove foil cover and replace with plastic wrap. |
| Vegetables & Sauce (in the bag) (500 g) | P7 | 8 - 10 | Pierce corner of bag. Heat on a plate. |
| **MISCELLANEOUS** | | | |
| Chicken Pieces (500 g) | P3 then P7 | 5 - 7<br>8 - 10 | Place onto paper towel lined plate. |
| Croissants - 4 (200 g) | P5 | 2 - 3 | Place onto paper towel lined plate. |
| Fish Fingers - 8 (200 g) | P3 then P10 | 2 - 4<br>2 - 3 | Place onto paper towel lined plate. |
| Sausage Rolls (225 g) | P7 | 3 - 5 | Place onto paper towel lined plate. |

# To Cook / Reheat / Defrost by **Micro Power and Time**

## 1 Select Power Level

Press ***Micro Power*** Pad until the power level appears in the Display Window. (see chart below)

**NN-S560**

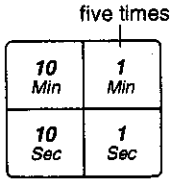
**NN-S550 / NN-S540**

**Note:** When selecting P10 on the first stage, you can start from step 2.

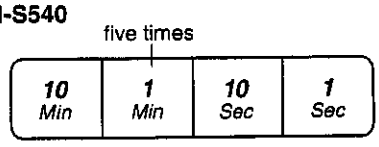
## 2 Set Cooking Time e.g. 5 minutes

(P10: up to 30 minutes, other powers: up to 99 minutes and 99 seconds for a single stage)

**NN-S560**

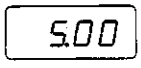



**NN-S550 / NN-S540**




## 3 Press

Cooking will start.
The time in the Display Window will count down.




**For more than one stage cooking,**
Repeat steps 1 & 2 above then press ***Start***. The oven will beep twice between stages.

| **e.g.** : Casserole | Stage 1 | Stage 2 |
|---|---|---|
| | P10 for 10 minutes to bring to a boil | P7 for 80 minutes to finish cooking by simmering |

**Micro Power:**
The ***Micro Power*** Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.
e.g.The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.
To select the correct power level for cooking different foods, refer to the chart below.

| Press | POWER LEVEL | POWER | EXAMPLE OF USE |
|---|---|---|---|
| 1x | P10 | 100 % | Boil water. Cook vegetables, rice, pasta and noodles. |
| 2x | P9 | 90 % | Cook fresh fruits. |
| 3x | P8 | 80 % | Cook cakes, desserts. Heat milk. |
| 4x | P7 | 70 % | Cook pork, whole chicken and chicken pieces. |
| 5x | P6 | 60 % | Cook beef, lamb and eggs. Melt butter. |
| 6x | P5 | 45 % | Cook meatloaves. Melt chocolate. |
| 7x | P4 | 40 % | Cook fish and seafood. |
| 8x | P3 | 30 % | Thaw foods. Cook christmas pudding, corned beef, dried beans and peas. |
| 9x | P2 | 20 % | Simmer soups, stews and casseroles (less tender cuts). |
| 10x | P1 | 10 % | Keep cooked foods warm, simmer slowly. |

# To Defrost

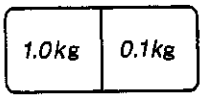
## Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight..

### 1 Set Weight

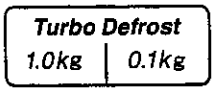
The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (max 3.0 kg).

**NN-S560**




Enter weight.

**NN-S550 / NN-S540**




Enter weight.

### 2 Press

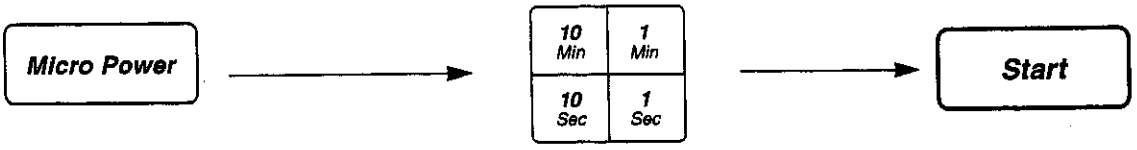
Defrost time appears in the Display Window and begins to count down.
When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

**NOTES:**

For further information, refer to next page.

## Defrost by Micro Power and Time Setting

**NN-S560**




**NN-S550 / NN-S540**

- Press 8 times for Defrost. (P3 - page 10)
- Set time according to chart on page 13.
- Press.

# Defrosting Tips and Techniques

## Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

## Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on Glass Tray.
2. On Turbo Defrost, the oven may beep once during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc.Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

## Defrosting Chart (by Micro Power at P3):

| FOOD | APPROX. TIME (minutes per 500 g) | INSTRUCTION |
|---|---|---|
| **MEAT** | | |
| Beef | | |
| Minced Beef | 8 - 11 | Turn meat over two to three times during defrosting. |
| Roast: Topside | 11 - 14 | |
| Beef Tenderloin | 11 - 14 | Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted. |
| Chuck or Rump | 9 - 12 | |
| Sirloin, rolled | 10 - 13 | |
| Steak | 7 - 9 | Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle. |
| Miscellaneous | 7 - 11 | |
| **Pork/Lamb** | | |
| Roast | 7 - 11 | Large roasts may still be icy in centre. Let stand. |
| Chops | 7 - 10 | |
| Ribs | 7 - 11 | |
| **POULTRY** | | Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil. |
| **Chicken** | | |
| whole | 8 - 11 | |
| pieces | 7 - 10 | |
| fillets | 7 - 9 | Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces. |
| **Duck** | 9 - 11 | |
| **Turkey** | 9 - 12 | Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking. |
| **FISH & SHELLFISH** | | |
| **Fish Fillets** | 8- 10 | Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. |
| **Whole Fish** | 8 - 11 | |
| **Crabmeat** | 7 - 9 | |
| **Lobster Tails** | 7 - 9 | |
| **Sea Scallops** | 7 - 9 | Let stand, 5 to 10 minutes, before cooking. |
| **Green Prawns** | 9 - 11 | |

# Using Auto Reheat Pad (NN-S550/NN-S540)

## 1 Press *Auto Reheat*

until the desired weight appears in the Display Window.

| NO. OF TAPS | DISPLAY | RECOMMENDED FOOD WEIGHT |
|---|---|---|
| 1 | 250 g | 200 - 300 g |
| 2 | 450 g | 400 - 500 g |
| 3 | 650 g | 600 - 700 g |
| 4 | 850 g | 800 - 900 g |

## 2 Press *Start*

Reheating time appears in the Display Window and begins to count down.

**For best results on Auto Reheat, follow these recommendations:**

1. All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
2. Foods should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
3. Foods should be covered loosely but completely with plastic wrap or a casserole lid which does not seal.
4. Foods weighing less than 200 g and more than 900 g should be reheated by Micro Power and Time only.
5. All foods should have a covered stand time of 3 to 5 minutes at the end of reheating.
6. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.

| INGREDIENT CONVERSION CHART* | | | |
|---|---|---|---|
| ¼ cup | 60 ml | ¼ teaspoon | 1 ml |
| ⅓ cup | 85 ml | ½ teaspoon | 2 ml |
| ½ cup | 125 ml | 1 teaspoon | 5 ml |
| ⅔ cup | 165 ml | 2 teaspoons | 10 ml |
| ¾ cup | 190 ml | 3 teaspoons | 15 ml |
| 1 cup | 250 ml | 1 tablespoon | 15 ml |
| 1¼ cups | 310 ml | 1½ tbs | 22 ml |
| 1½ cups | 375 ml | 2 tbs | 30 ml |
| 2 cups | 500 ml | 3 tbs | 45 ml |
| 3 cups | 750 ml | 4 tablespoons | 60 ml |
| 3½ cups | 875 ml | | |
| 4 cups | 1 litre | | |
| 6 cups | 1.5 litre | | |
| 8 cups | 2 litre | | |

*Applicable to New Zealand and South Africa only.

# To cook using Auto Cook (NN-S550)

## 1 Press Desired Food Category Pad

*Auto Cook*

Press Auto Cook Pad until the desired food category number appears in the Display Window (See chart below).

| Pad | Food Category | Serving / Weight | | | |
|---|---|---|---|---|---|
| | | 1 tap | 2 taps | 3 taps | 4 taps |
| *Auto Cook* | 1. Frozen Reheat | 250 g | 450 g | 650 g | 850 g |
| | 2. Frozen Vegetables | 120 g | 250 g | 500 g | 750 g |
| | 3. Vegetables | 120 g | 180 g | 250 g | 370 g |
| | 4. Root Vegetables | 180 g | 250 g | 370 g | 500 g |
| | 5. Rice | 1.0 cup | 1.5 cups | 2.0 cups | 2.5 cups |
| | 6. Dried Pasta | 150 g | 250 g | 350 g | 500 g |
| | 7. Fresh Pasta | 150 g | 250 g | 350 g | 500 g |
| | 8. Meat Sauce | 250 g | 500 g | 750 g | 1.0 kg |
| | 9. Fish | 120 g | 250 g | 370 g | 500 g |
| | 10. Chicken Pieces | 0.4 kg | 0.6 kg | 0.8 kg | 1.0 kg |
| | 11. Whole Chicken | 1.4 kg | 1.6 kg | 1.8 kg | 2.0 kg |
| | 12. Fruit | 150 g | 250 g | 500 g | 750 g |



## 2 Press *Serving / Weight* Pad

After selecting the desired category, set the weight or serving size by pressing the ***Serving / Weight*** Pad. (see chart above)

e.g. vegetables

press once - 120 g is displayed

press twice - 180 g

*Serving/ Weight*

## 3 Press *Start*

Cooking time appears in the Display Window and begins to count down.

# To Cook Using Auto Cook (NN-S550)

## Frozen Reheat-Plated Meals (250g-850g)

- Suitable for reheating pre-cooked soups, stews, casseroles, roast dinners, pasta dishes (except lasagne) and rice dishes from frozen temperature.
- This setting is not suitable for reheating frozen bread or pastry products, raw or uncooked foods or beverages.
- Remove convenience foods from foil or plastic packaging and place in an appropriate size dish.
- Cover dish with plastic wrap or a lid.
- Halfway through the cooking time, the oven will 'beep', stir or rearrange the foods. At the end of the cooking time, stir and let stand for 3 to 5 minutes.

## Frozen Vegetables (120 g - 750 g)

- Suitable for heating varieties of frozen vegetables, including peas, beans, corn kernels, broccoli, cauliflower etc.
- Place larger pieces or quantities in a single layer for best results.
- Add 1 tablespoon to ¼ cup water, if vegetables appear slightly dehydrated. Add water also, if you prefer a softer cooked texture.
- Very icy vegetables that have frozen in a solid mass may require slightly longer cooking times.
- Place vegetables in an appropriate size dish. Use the following as a guide:

| Weight | Dish Size |
|---|---|
| 120 g | 500 ml |
| 250 g | 750 ml |
| 500 g | 1 litre |
| 750 g | 2 litre |

- Cover with plastic wrap or a well fitting lid. Halfway through the cooking time, the oven will 'beep', stir and rearrange the vegetables.
- If desired, butter, herbs etc. may be added, but do not add salt until serving. (Salt dehydrates vegetables during cooking.)
- At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

## Vegetables (120 g - 370 g)

- Suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into even size pieces.
- Add 1 tablespoon to ¼ cup water, if vegetables appear slightly dehydrated. Add water if you prefer a softer cooked texture.
- Place vegetables in an appropriate size dish. Use the following as a guide:

| Weight | Dish Size |
|---|---|
| 120g | 500ml |
| 180g | 500ml |
| 250g | 750ml |
| 370g | 750ml |

- Cover with plastic wrap or a well fitting lid. Halfway through the cooking time, the oven will 'beep', stir and rearrange the vegetables.
- If desired, butter, herbs etc. may be added, but do not add salt until serving. (Salt dehydrates vegetables during cooking).

## Root Vegetables (180 g - 500 g)

- Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swedes,carrots.
- All vegetables should be trimmed or prepared and cut into evenly sliced pieces.
- Add 1 Tablespoon to ¼ cup of water to vegetables, if dehydrated or softer texture is desired.
- Place in a appropriate size dish and cover with plastic wrap or well fitting lid.
- Halfway through the cooking time the oven will 'beep', rearrange the root vegetables. This will assist in even cooking.

## Rice(1 cup - 2½ cups)

- Suitable for cooking white rice including short, long grain, Jasmine and Basmati.
- Place rice with water in a suitable sized dish. Use the following as a guide:

| Rice | *Water | Dish Size |
|---|---|---|
| 1 cup | 2 cups | 3 litre |
| 1½ cups | 3 cups | 3 litre |
| 2 cups | 4 cups | 4.5 litre |
| 2½ cups | 5 cups | 4.5 litre |

*(It may be necessary to adjust the amount of water to your personal preference.)

- Rice will boil over if the dish used is too small.
- Cook rice uncovered.
- Do not cook in plastic containers unless suitable for high temperature cooking.
- Stand rice for 5 to 10 minutes after cooking, if necessary.

# To Cook Using Auto Cook (NN-S550)

## Dried Pasta (150 g - 500 g)

Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral etc.

## Fresh Pasta (150 g - 500 g)

Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)

- Place pasta in an appropriate size dish with boiling water. Use the following as a guide:

| Pasta | Boiling Water | Dish Size |
|---|---|---|
| 150g | 4 cups | 3 litre |
| 250g | 5 cups | 3 litre |
| 350g | 6 cups | 4 litre |
| 500g | 8 cups | 4 litre |

- When cooking, the oven will 'beep' halfway through the cooking time, stir.
- At the end of the cooking time, let stand, covered, for 5 to 10 minutes, if required.

## Meat Sauce (250 g - 1000 g)

- The category weight refers to the weight of the meat only.
- Suitable for cooking meat sauce recipes using minced meat combined with liquid and vegetables.
- Suitable recipes include Spaghetti Meat Sauce and Chill beef. These recipes are found in the **Main Fare Meats** section of this book.
- Place in a suitable size dish.
- When cooking, the oven will 'beep' twice, stir sauce at these stages.

## Fish (120 g - 500 g)

- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin-side down.
- Add butter, spices, herbs, or lemon juice to flavour.
- Overlap thin edges of fillets to prevent overcooking.
- If filling whole fish with seasoning, cooking time may need to be extended.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- Cover dish with plastic wrap or fitted lid.
- Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

## Chicken Pieces (400 g - 1000 g)

- Suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc.
- Chicken pieces should be thawed completely before cooking.
- Marinate chicken pieces prior to cooking, for added flavour and colour.
- Arrange chicken pieces in a single layer in a dish with the thickest portions at the edge of the dish.
- Halfway through the cooking time, the oven will 'beep', turn over and rearrange the chicken pieces.
- At the end of cooking, stand covered, for 5 to 10 minutes before serving.

## Whole Chicken (1.4 kg - 2.0 kg)

- Whole chickens should be cooked directly from the refrigerator and totally thawed.
- Tie legs together with string.
- Place onto a microwave rack set inside a dish.
- Place whole poultry breast side down.
- Do not stuff poultry with raw meat. Bread crumbs or cooked rice seasonings may be used.
- If required, shield the chicken breast, wings or drumsticks with small pieces of foil to prevent from drying out.
- Halfway through the cooking time, the oven will 'beep', turn chicken over. At this time, shield the wings and drumstick ends, if needed.
- Let stand 10 to 15 minutes at the completion of cooking. This makes carving the meat easier and ensures that the heat is even throughout.

## Fruit (150 g - 750 g)

- Suitable for cooking fruits including rhubarb, strawberries, rasberries, blueberries, nectarines, pears, plums, apples and apricots.
- Minimum and maximum weights include sugar and water added to fruits.
- Trim and prepare fruit into uniform pieces.
- Add approximately ¼ cup of caster sugar and ½ cup of water per 500 g of fruit.
- If not adding sugar, slightly decrease the water content.
- The greater the amount of water used, the softer the fruit will be.'
- Place fruit, sugar and water into an appropriate sized dish.

# To Cook / Reheat Using Sensor Cook (NN-S560)

Sensor Cook allows you to cook foods without selecting times and power levels. The sensor detects the and humidity generated by the food and cooks your food automatically.

## Sensor Cook;

e.g. 1 *Vegetables* → if desired, press ***More / Less*** Pad. → ***Start***

**• Press.**
To select food category.
Category appears
in the display window.

**• Press**
After the humidity is detected by the SE
the remaining cooking time appears
in the display window and begins to cou
When cooking time is longer than 60 mi
the time will appear in hours and minute

**More/Less Pad:** *More/Less*

Preferences for food doneness varies with each individual. After having used Sensor Cook a few times, you may decide you prefer your food cooked to a different doneness. By using the ***More/Le*** Pad, the Auto Sensor programmes can be adjusted to cook food for a longer or shorter time. Press ***More/Less*** Pad before pressing ***Start*** Pad.

1 tap : More cooking with indication "MORE+"
2 taps: Less cooking with indication "LESS-"
3 taps: Returns to average cooking result.

If you are satisfied with the result of the **SENSOR COOK** programme, you don't have to use this p

**For best results, follow these recommendations:**

1. The door should not be opened before the time appears in the Display Window.
2. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate cooking may occur.

## Sensor Reheat;

*Sensor Reheat* → if desired, press ***More / Less*** Pad. → ***Start***

**• Press.**

**• Press**
After the heat and humidity is detected
SENSOR, the remaining time appears
Display Window and begins to count do

**For best results on Sensor Reheat, follow these recommendations:**

1. Food being reheated should weigh between 125 g and 1.0 kg. For foods weighing less than 125 g a than 1.0 kg, use a manual micro power setting.
2. All foods must be previously cooked and at room or refrigerator temperature.
3. Foods should always be covered loosely, but completely, with plastic wrap or a casserole lid which c seal. (Do not use any snap closing lids.)
4. All foods should have a covered stand time of at least 3 to 5 minutes.
5. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods, or beverages.
6. **Do not** use if oven cavity is warm.

| PAD | FOOD CATEGORY | RECOMMENDED WEIGHT RANGE |
|---|---|---|
| ***Sensor Reheat*** | Sensor Reheat | 125 g - 1.0 kg |
| ***Vegetables*** | Vegetables | 125 g - 1.0 kg |
| ***Root Veg*** | Root Veg | 125 g - 1.0 kg |
| ***Rice*** | Rice | 200 g - 500 g |
| ***Dried Pasta*** | Dried Pasta | 125 g - 500 g |
| ***Fish*** | Fish | 125 g - 1.0 kg |
| ***Chicken Pcs.*** | Chicken Pieces | 250 g - 1.5 kg |
| ***Casserole*** | Casserole | 500 g - 2.0 kg |

# Sensor Cook Tips and Techniques (NN-S560)

## Vegetables (125 g - 1.0 kg)

Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.

- All vegetables should be trimmed or prepared and cut into evenly sliced pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place in a suitable size dish.
- Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitting lid.
- At the completion of heating, stir larger quantities of vegetables. Allow to stand, covered, for 2 to 3 minutes.

## Root Vegetables (125 g - 1.0 kg)

Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot.

- All vegetables should be trimmed or prepared and cut into even sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate size dish and cover securely with plastic wrap or a fitting lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- If possible, stir vegetables after cooking time is displayed.

## Rice (200 g - 500 g)

- Suitable for cooking short and long grain rice including Jasmine, Basmati, and quick cook brown rice.
- It is not suitable for cooking brown rice or wild rice.
- Place rice with water in a suitable dish. We recommend the following proportions of rice to cold tap water:

| | |
|---|---|
| 1 cup rice | with 2 cups water |
| 1½ cups rice | with 3 cups water |
| 2 cups rice | with 4 cups water |
| 2½ cups rice | with 5 cups water |

It may be necessary to adjust the water to your personal preference.

- Using a large sized dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as incorrect cooking times may result.
- Cover dish securely with plastic wrap or a well fitting lid.
- Halfway through cooking, the oven will 'beep', stir. Remove the plastic wrap or lid. There is no need to re-cover the rice again.
- At the completion of the cooking time, let stand 5 to 10 minutes.

## Pasta (125 g - 500 g)

Suitable for cooking dried pasta such as spaghetti fettuccine, macaroni, penne, spiral and various pasta shapes.

- Place pasta in an appropriate size dish with hot water. Use the following as a guide:

| | | |
|---|---|---|
| 150g pasta | 4 cups hot tap water | 3 litre dish |
| 250g pasta | 5 cups hot tap water | 3 litre dish |
| 350g pasta | 6 cups hot tap water | 4 litre dish |
| 500g pasta | 8 cups hot tap water | 4 litre dish |

- Add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover dish with plastic wrap or a well fitting lid.

## Fish (120 g - 500 g)

- Better results will be achieved if prawns, scallops etc. are cooked using manual MICRO POWER.
- Select fish that is suitable for microwave cooking e.g. whiting, flake, flounder, sole, snapper, bream and salmon.
- Place in a single layer in a shallow dish. Overlap thin fillet ends to prevent overcooking.
- Butter, herbs, spices, or lemon juice may be added to add flavor.
- Cover with plastic wrap or lid.
- Stand for several minutes after cooking before serving.

## Chicken (pieces, 250 g - 1.5 kg)

- Chicken pieces should be completely thawed before cooking.
- Marinate chicken pieces before cooking for added flavour and colour.
- Arrange chicken pieces skin side up with thicker, meatier portions towards the edge of dish.
- Cover dish securely with plastic wrap.
- Halfway through the cooking time, the oven will 'beep', and instruct you to rearrange. Remove the plastic wrap completely from dish. There is no need to re-cover.
- Let stand 5 to 10 minutes at the completion of cooking.

## Casserole (500 g - 2.0 kg)

(weight includes all ingredients)

- Suitable for cooking casseroles with less tender cuts of meat combined with liquid and vegetables.
- Cut meat and vegetables into even size pieces.
- Place in a suitable sized dish. Dish should be approximately ¾ full.
- Do not use plastic dishes as incorrect cooking time may result.
- Add ½ to 1 cup of soup, broth or stock per 500 g of meat.
- Cover securely with plastic wrap or a well fitting lid.
- Halfway through the cooking time the oven will 'beep', stir the casserole.
- At the end of cooking time, allow the casserole to stand for 2 to 3 minutes.

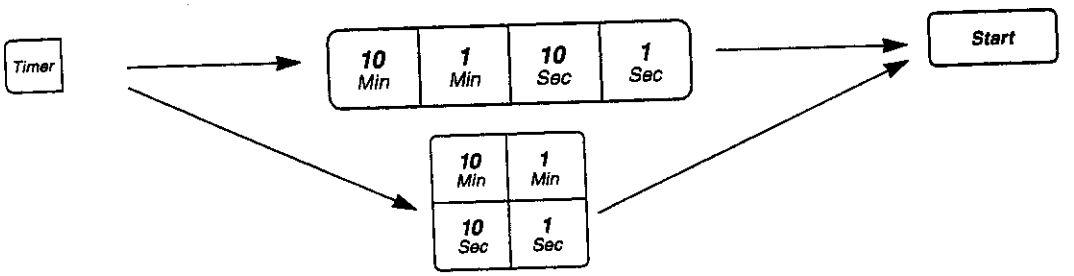
# To Use Timer Pad

## To Use as a Kitchen Timer

**Press.**

**Set desired amount of time.**
(up to 99 minutes and 90 seconds)

**Press *Start*.**
Time will count down without oven operating.

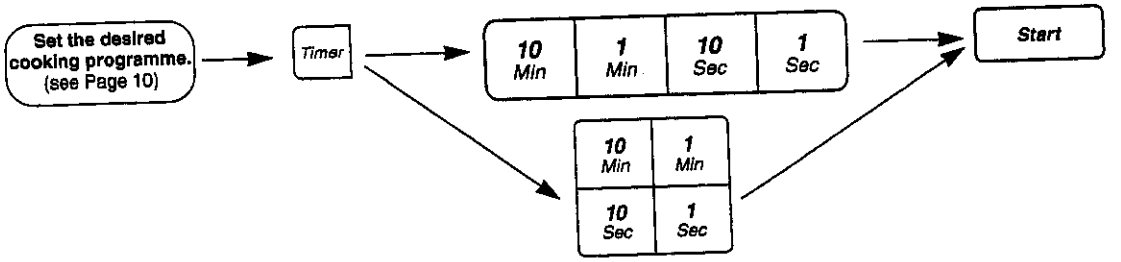



## To Set Standing Time

**Press.**

**Set desired amount of time.**
(up to 99 minutes and 90 seconds)

**Press *Start*.**
Cooking will start. After cooking, standing time will count down without oven operating.

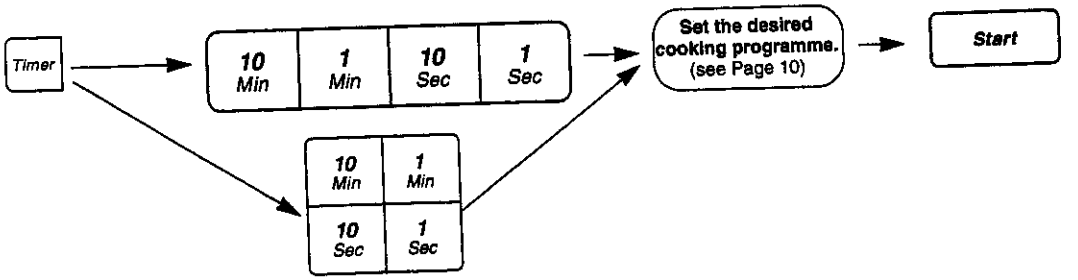



## To Set Delay Start

**Press.**

**Set desired amount of time.**
(up to 99 minutes and 90 seconds)

**Press *Start*.**
Delayed time will count down. Then cooking will start.




**NOTES:**

1. If oven door is opened during the Standing Time or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start/Standing Time cannot be programmed before/after any Auto Control function.

# Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must for you to be familiar with the following tips.

## Food Characteristics

**Size and Quantity**
Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook. As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

**Liquid Content**
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

**Shape**
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

**Bone and Fat**
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.

**Starting Temperature**
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

**Density and Composition**
Porous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

## Key to Symbols Used In Recipes

Recipes displaying these symbols may be cooked using these features.

**(S)** Sensor Cook / **NN-S560**

## Techniques for Preparation

**Timing**
A range of cooking times is given in each recipe for two reasons. First, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

**Stirring**
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

**Rearranging or Turning**
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking.
Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, nuts or potatoes. Rearrange pieces from the centre to the edge of the dish.

**Cooking in Layers**
This microwave oven is not designed to cook more than 1 layer of food. Cooking in 2 layers may not always be successful, it takes longer and may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

**Piercing of Foods**
Pierce the skin or membrane of foods such as eggs, tomatoes and jacket potatoes when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

**Cured Meats**
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

# Microwave Recipe Preparation and Techniques

**Covering**
Covering food minimizes the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover when steam is not needed for tenderizing.

**Browning**
Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking times and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

**Standing Time**
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

## Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time by one quarter to one third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on P7 Power in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:
- Reduce liquids in a conventional recipe by one half to two thirds, e.g. 1cup (250 ml) should be reduced to ½ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
- If one ingredient takes longer to cook than the others, pre-cook it in the microwave oven first. Onion, celery and potato are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to **Rice** and **Pasta** chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

# Microwave Recipe Techniques

## Menu Planning for Microwave Cooking

**How to Keep Everything Hot at The Same Time**
Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be reheated on P7, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on P10 for cooking times refer to vegetable cooking chart on page 45. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

## Increasing & Decreasing Recipes

**Increasing**
- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
- To increase a recipe from 4 to 8 servings, double each ingredient listed.
- For larger quantities of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
- Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
- Increase standing times by 5 minutes per 500g.
- Use the same Power Level recommended in the original recipe.
- Increase the cooking times by: ⅓ of original cooking time for 6 servings; and an extra ½ of original cooking time for 8 servings.

**Decreasing**
- To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
- For small quantities, a small dish should be used. Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
- Use the same Power Level recommended in the original recipe.
- Decrease the cooking times by ½ to ⅔ of the original cooking time.

## Cooking for One

- To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
- A smaller dish should be used, making sure that the dish is still large enough to prevent the recipe from boiling over.
- Use the same Power Level recommended in the original recipe.
- Quarter the original cooking times, then add extra time, if needed.
- Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.

## Converting Recipes from Other Sources

When the recipe is written with a wattage different than your oven, adjust the cooking time by approximately 10% per 100 watts, e.g. 6 minutes would be adjusted by 36 seconds. Alternately, adjust the power level by one level. If your wattage is higher than the recipe: (1) Adjust time downward or (2) Adjust power level downward. If your wattage is lower than the recipe: (1) adjust time upward or (2) adjust power level upward (when possible).

# Everyday Basics

## Granola Cereal

Makes: approximately 4 cups

**Ingredients:**

| | |
|---|---|
| 2 cups | oats |
| ⅔ cup | chopped nuts |
| ⅓ cup | wheat germ |
| ¼ cup | brown sugar |
| ¼ cup | honey |
| 1 teaspoon | vanilla essence |
| ⅓ cup | coconut |
| ⅓ cup | raisins |

**Method:**

Place oats in 2-litre casserole dish, cook on P10 for 2 to 3 minutes, stirring twice. Add nuts, wheat germ, and brown sugar. Stir in honey, vanilla and coconut. Cook on P10 for 3 to 5 minutes, stirring twice during cooking. Add raisins and allow to cool. Stir to a crumble texture. Store in an airtight container.

## Tomato and Onion

Serves 4

**Ingredients:**

| | |
|---|---|
| 600 g (approx. 3) | tomatoes, thinly sliced |
| 1 | onion, thinly sliced |
| ½ teaspoon | basil |
| | salt and pepper to taste |

**Method:**

Place all ingredients into 2-litre casserole dish. Cook, covered, on P10 for 6 to 8 minutes. Serve with barbequed steak or grilled meat.

## Scrambled Eggs

Serves: 2

**Ingredients:**

| | |
|---|---|
| 4 x 61 g | eggs |
| 4 tablespoons | milk |
| | pinch of salt |

**Method:**

In 1-litre casserole dish, beat eggs lightly with whisk. Add milk and salt. Whisk until well combined. Cover dish with plastic wrap and cook on P5 for 1 ½ to2 minutes. Stir egg and cook for further 1½ to 2 minutes. Stand, covered, for 1 minute before serving.

**HINT:**
TO COOK PAPPADUMS:
Place on paper towel lined microwave safe plate. Cook on P10 for 15 to 20 seconds for each pappadum, turning halfway through cooking. Allow to stand 1 minute before serving.

## Poached Eggs

Serves: 2

**Ingredients:**

| | |
|---|---|
| 2 x 61 g | eggs |
| ½ cup | hot tap water |
| | dash of vinegar |
| | pinch of salt |

**Method:**

Place one quarter of cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Heat water on P10 for 30 - 60 seconds.
Break egg into the water and with toothpick pierce the egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on P10 for 40 to 60 seconds.
Stand, covered, for 1 minute before serving.
**Note:** The size of the eggs will alter cooking time.

## Fried Eggs

A good recipe for the browning dish.
Serves: 1 to 4

**Ingredients:**

| | |
|---|---|
| 1 to 4 | eggs (61 g each) |
| 1 to 2 tablespoons | butter |

**Method:**

Preheat browning dish on P10 for 3 to 5 minutes.
Add butter. Break eggs into browning dish. Cook on P10 power for:
1 egg - 15 to 20 seconds
2 eggs - 20 to 30 seconds
4 eggs - 30 to 40 seconds
Let stand for 1 minute before serving.

**HINT:**
TO COOK BACON RASHERS:
Place 2 rashers of bacon between 2 sheets of paper towel on a pie plate and cook on P10 for 1 to 2 minutes.

**HINT:**
TO DRY FRESH BREADCRUMBS:
Place 1 cup (250 ml) of breadcrumbs on the base of plate and heat on P10 for 2 to 3 minutes, stirring once during heating.

# Everyday Basics

## Coffee

Serves: 1

**Ingredients:**

| | |
|---|---|
| 1 cup | water |
| 1 to 2 teaspoons | instant coffee |

**Method:**

Pour water into heatproof cup. Add coffee. Stir. Cook on P10 for 1 to 2 minutes. Add milk and sugar, if desired. Stir.

## Tea

Serves: 1

**Ingredients:**

| | |
|---|---|
| ¾ cup | hot tap water |
| 1 | tea bag |

**Method:**

Pour water into heatproof cup. Cook on P10 for 1 to 2 minutes. Stir then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar, if desired. Stir.

## Cocoa

Makes: 1 cup

**Ingredients:**

| | |
|---|---|
| 2 teaspoons | cocoa powder |
| 1 teaspoon | sugar |
| 2 tablespoons | water |
| 1 cup | milk |

**Method:**

Combine cocoa, sugar and water in heatproof cup. Cook on P10 for 10 to 15 seconds. Stir in milk. Cook on P7 for 1 to 2 minutes. Stir before drinking

## Lemon and Honey Drink

Makes: 1

**Ingredients:**

| | |
|---|---|
| | juice of ½ lemon |
| 1 tablespoon | honey |
| 1 cup | water |

**Method:**

Mix all ingredients in 2-cup heatproof jug. Cook on P10 for 2 to 3 minutes. Stir well.

**HINT:**
TO REHEAT FILTERED COFFEE;
Keep a jug in the refrigerator for fresh coffee at any time. Reheat 1 mug for 1½ to 2 minutes on P10 power. (Stir coffee before drinking.)

## Gravy

Makes: 2 cups (500 ml)

**Ingredients:**

| | |
|---|---|
| 2 tablespoons | dripping or pan juice |
| 1 | small onion, finely chopped |
| 2 tablespoons | flour |
| 1 tablespoon | tomato paste |
| 1½ cups | beef stock |
| | salt and pepper |

**Method:**

Place dripping or pan juices and onion in 2-cup jug. Cook on P10 for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well. Cook on P10 for 2 minutes. Add remaining stock. Stir well and cook on P10 for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

## Muesli

Makes: 3½ cups

**Ingredients:**

| | |
|---|---|
| ⅓ cup | honey |
| ¼ cup | butter |
| 2 cups | rolled oats |
| ¼ cup | each of: |
| | bran |
| | wheat germ |
| | coconut |
| | nuts (chopped) |
| | sunflower seeds |
| | sesame seeds |
| ½ cup | mixed dried fruit of your choice |

**Method:**

Warm honey and butter (approximately 30 seconds) on P10 until honey is melted, stirring once. Place dry ingredients in a large container and stir in honey mixture. Cook on P10 for 6 to 7 minutes, stirring several times. Stir in selected dry fruit. Leave to go cold, and store in an airtight container.

**HINT:**
TO REHEAT A CROISSANT:
Wrap in paper towels (and place on a dinner plate), cook on P10 for 15 to 30 seconds.

**HINT:**
TO TOAST COCONUT:
Place ½ cup of coconut on pyrex pie plate. Cook on P10 for 1 to 2 minutes, stirring occasionally.

# Everyday Basics

## White Sauce

Makes: 1 cup

**Ingredients:**

| | |
|---|---|
| 2 tablespoons | butter |
| 2 tablespoons | flour |
| | salt and white pepper |
| 1¼ cups | milk |

**Method:**
Place butter in a 4-cup jug. Cook on P10 for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on P10 for 3 to 4 minutes, stirring twice.

**Tip**: For cheese sauce, stir in ½ cup grated cheese once sauce has thickened.

## Boiled Rice (S)

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 cup | long grain rice |
| 2 cups | water |

**Method:**
Place all ingredients in 3-litre dish. Cook, uncovered, on P10 for 12 to 14 minutes. Stand, covered, for 5 minutes. Drain and serve.

**Tip:** Butter and parsley can be mixed through before serving.
**To cook by Sensor Cook:**
Prepare as above. Cover with plastic wrap.
Press **Rice**, then ***Start***.

## Boiled Brown Rice

Serves: 3 to 4

**Ingredients:**

| | |
|---|---|
| 1 cup | brown rice |
| 3 cups | water |

**Method:**
Place all ingredients in 4-litre dish. Cook, uncovered, on P10 for 25 to 30 minutes. Stand, covered, for 10 minutes. Drain and rinse under hot water.

**HINT:**
TO REHEAT 2 CUPS OF COOKED RICE:
Add 1 to 2 tablespoons of water or a knob of butter and cook on P10 for 2 to 3 minutes.

## Macaroni and Cheese

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 40g | butter |
| 2 | onions, finely chopped |
| 2 tablespoons | flour |
| 2 cups | milk |
| 1 cup | grated tasty cheese |
| 6 cups | cooked macaroni, drained well |
| ½ cup | extra grated tasty cheese |
| | paprika |

**Method:**
Place butter and onions in 2-litre casserole dish and cook on P10 for 3 to 5 minutes. Add flour, mix well and cook on P10 for 1 minute. Blend in milk and cook on P10 for 4 to 5 minutes, stirring halfway through cooking.
Add cheese to sauce. Place macaroni and sauce in 3-litre casserole dish. Mix well.
Top with extra cheese and sprinkle with paprika.
Cook on P10 for 6 to 8 minutes.

## Pasta (S)

Serves: 1 to 2

**Ingredients:**

| | |
|---|---|
| 125 g | dried pasta |
| 4 cups | hot tap water |

**Method:**
Place pasta and water in 3-litre casserole dish. Cook uncovered on P10 for 12 to 14 minutes. Allow to stand for 3 to 5 minutes before draining.
**To cook by Sensor Cook:**
Prepare as above. Cover with plastic wrap.
Press **Pasta**, then ***Start***.

## Popcorn

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 3 tablespoons | popping corn |

**Method:**
Place popping corn in loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on P10 for 1½ to 2½ minutes. Remove from bag and serve, sprinkled with salt and melted butter.

**HINT:**
TO REHEAT POURING CUSTARD:
Place 600 ml in a 1-litre jug and cook on P10 for 2 to 3 minutes stirring once.

# Everyday Basics

## Packet Cake

**Ingredients:**
1 packet cake mix (340 g)
Ingredients as recommended by manufacturer.

**Method:**
Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into 20 cm round dish that has been lightly greased and lined with paper. Cook on P8 for 5 to 7 minutes. Stand and allow to cool before removing.

**Variations:**
- 1 tablespoon jam added to batter before cooking.
- Add 1 cup sour cream to batter and halve water suggested by manufacturer.
- Half a cup chopped nuts, ¼ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before cooking cake.
- Two tablespoons honey and 30 g butter melted in glass jug on P10 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as dessert or serve cold with cream as tea cake.
- A quarter cup of toasted muesli mixed with 1 tablespoon marmalade and placed in the base of the dish.

**Tip:** Packet cakes are best mixed by hand as the microwave will do the aerating.

## Baked Custard

Serves: 4 to 5

**Ingredients:**

| | |
|---|---|
| 425 ml | milk |
| 3 | eggs, lightly beaten |
| ¼ cup | sugar |
| 1 teaspoon | vanilla essence |
| | pinch ground nutmeg |

**Method:**
Place milk in 4-cup glass jug. Cook on P10 for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on P3 for 15 to 17 minutes. Allow to stand, covered, for 5 minutes before serving.

**HINT:**
TO HEAT BABY FOOD:
When heating 100 g baby food, place the food in small microwave safe dish and heat on P10 for 15 to 30 seconds, depending on the initial temperature of the food. Stir and test temperature before serving or heating further.

## Roasted Nuts

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 1 cup | raw peanuts (with or without skins, and unsalted) |
| 2 teaspoons | salad oil |
| | salt to taste |

**Method:**
Place peanuts in a single layer on pie plate. Cook on P10 for 3 to 5 minutes, stirring every 2 minutes during cooking, until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on P10 for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

## Vegetable Soup

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 500 g | prepared vegetables of your choice (carrots, turnips, celery, etc.), finely chopped |
| 1 | onion, chopped |
| 2 tablespoons | butter |
| 2 tablespoons | plain flour |
| 3½ cups | chicken stock |
| | salt and pepper |
| 3 tablespoons | parsley, chopped |

**Method:**
Place vegetables, except onion, in 3-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Set aside. Place onion and butter in 4-cup jug and cook on P10 for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on P10 for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on P10 for 12 to 14 minutes. Season with salt and pepper and serve, sprinkle with chopped parsley.

**HINT:**
TO REHEAT A SINGLE PORTION OF SOUP:
Place in microwave safe dish and cook on P7 for 2 to 3 minutes.

# Soups, Snacks and Starters

## Pumpkin Soup

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 kg | pumpkin, chopped and peeled |
| 1 | onion, diced |
| 2 cups | chicken stock |
| 1 teaspoon | curry powder |
| | pepper |

**Method:**

Place pumpkin and onion in 2-litre casserole dish. Cover and cook on P10 for 10 minutes. Add chicken stock, curry powder and pepper. Cook on P10 for 10 minutes. Cool slightly. Purée pumpkin and liquid in blender or food processor. Pour into individual serving dishes and garnish with chives.

## Mushroom Soup

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| 250 g | mushrooms, sliced |
| 1 tablespoon | flour |
| 2 cups | chicken stock |
| ¼ cup | white wine |
| 1 teaspoon | mustard |
| ½ cup | cream |

**Method:**

Place butter and mushrooms in 2-litre casserole dish. Cover and cook on P10 for 3 to 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms. Mix well. Cover and cook on P10 for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed, if preferred.

## Crab and Corn Soup

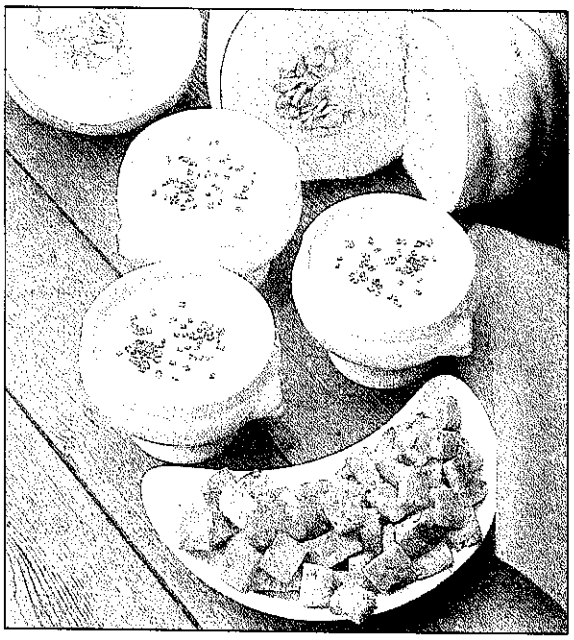
Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 | onion, finely chopped |
| 450 ml | boiling chicken stock |
| 1 can (300 g) | creamed corn |
| | salt and pepper |
| 1 can (170 g) | crabmeat, drained |
| 150 ml | milk |
| | chopped spring onion for garnish |

**Method:**

Place onion in 3-litre casserole dish. Cook on P10 for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on P10 for 2 to 3 minutes. Add crab meat and milk. Mix well. Cook on P10 for 3 minutes. Sprinkle with spring onion. Serve.



Pumpkin Soup

## Pea and Ham Soup

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 500 g | split peas |
| 2 cups | water |
| 500 g | ham or bacon bones |
| 1 | bay leaf |
| 3 cups | water, extra |
| 2 | rashers bacon, rind removed |
| 1 | medium sized carrot, peeled and diced |
| 1 | large onion, peeled and diced |
| ½ teaspoon | thyme |
| 5cups | chicken or bacon stock |

**Method:**

Soak peas in 2 cups of water for at least 1 hour. Drain.

Place peas and 3 cups fresh water in 4-litre casserole dish with bones and bay leaf. Cook, covered, on P10, for 10 minutes. Reduce power to P5 and cook for further 20 to 25 minutes. Remove meat from bones and set aside. Discard bay leaf. Add meat from bones, carrot and onion to split peas. cook on P10 for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on P10 for 10 minutes. Reduce power to P5 and cook for further 15 minutes. Serve hot in individual bowls. For a smoother consistency, you may like to blend or purée soup.

# Soups, Snacks and Starters

Oyster Soup

## Oyster Soup

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 30 g | butter |
| 2 tablespoons | flour |
| 2 cups | chicken stock |
| ½ cup | cream |
| 20 | bottled oysters, drained |
| | salt and white pepper |
| | snipped chives to garnish |

**Method:**

Place butter in 2-litre casserole dish and cook on P10 for 1 minute. Add flour, stir well and cook on P10 for 30 seconds. Gradually add stock, stirring continuously. Cook on P10 for 3 to 5 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on P7 for 1 to 2 minutes. Spoon into individual dishes and garnish with chives.

**HINT:**
TO MAKE CROUTONS:
Remove crusts from 3 slices of bread and cut into cubes. Place in pyrex bowl with 1 tablespoon of butter and cook on P10 for 2 to 3 minutes.

## Tomato Bacon Soup

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 4 | bacon rashers, chopped |
| 1 | onion, chopped |
| 1 can (840 g) | tomatoes |
| 2 tablespoons | tomato paste |
| 2 cups | chicken stock |
| 2 teaspoons | oregano |
| | pepper |

**Method:**

Place bacon and onion in 4-litre casserole dish. Cook on P10 for 3 minutes. Add remaining ingredients and stir. Cook on P10 for 16 to 18 minutes, stirring once during cooking. Purée in food processor or blender and serve in individual soup bowls.

## Potato and Leek Soup

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 800 g | potatoes, peeled and diced |
| 1½ cups | thinly sliced leeks |
| 2 teaspoons | thyme |
| | pepper |
| 2 cups | chicken stock |
| ½ cup | cream |

**Method:**

Place potatoes, leeks, thyme and pepper in 4-litre casserole dish. Cover and cook on P10 for 8 minutes. Stir in 2 cups of chicken stock. Cover and cook on P10 for 14 to 16 minutes. Purée soup mixture, stir through cream, serve hot or cold in individual bowls.

## Creamy Broccoli Soup

Serves: 4

**Ingredients:**

| | |
|---|---|
| 750 g | broccoli |
| 6 cups | boiling chicken stock |
| 150 ml | cream |
| 2 tablespoons | chopped parsley |
| | salt and freshly ground black pepper |

**Method:**

Cut broccoli into small pieces. Place into 3-litre casserole dish. Add stock to dish. Cover and cook on P10 for 18 to 20 minutes. Drain and reserve 2 cups of liquid. Purée broccoli with 2 cups of liquid in blender or food processor. Stir in cream and parsley. Cook on P5 for 2 to 3 minutes. Season with salt and pepper. Serve.

# Soups, Snacks and Starters

## Speedy Nachos

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 1 can (310 g) | red kidney beans, drained |
| 1 cup | chilli salsa |
| 180 g | packet corn chips |
| 2 cups | grated cheese |

**Method:**

Place kidney beans and salsa in 1-litre dish. Place corn chips in the base of flat dish. Pour sauce over beans and top with grated cheese. Cook on P10 for 4 to 5 minutes.

**Note:** Chilli salsa can be substituted with your favourite tomato relish.

## Nuts and Bolts

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| ⅓ cup | butter |
| ½ teaspoon | curry powder |
| 2 tablespoons | worcestershire sauce |
| ½ teaspoon | salt |
| ¼ teaspoon | garlic powder |
| 52 g | packet mixed rice crackers |
| 75 g | packet sesame bits (rice crackers) |
| 200 g | salted peanuts |
| 125 g | packet pretzel sticks |
| ½ cup | Nutri-Grain |

**Method:**

Place butter, curry, worcestershire sauce, salt and garlic powder in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, mix well and cook on P10 for 5 to 6 minutes. Stir twice through cooking. Allow to cool. Place in a bowl and serve with drinks. Store in an airtight container.

## Frankfurters

Serves: 5

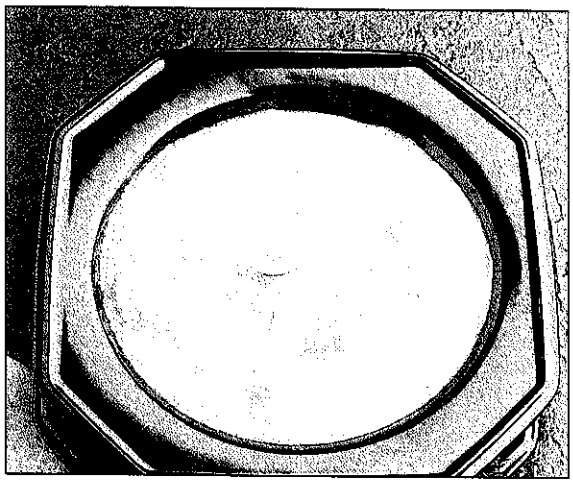
**Ingredients:**

| | |
|---|---|
| 10 | large frankfurters |
| ¼ cup | water |

**Method:**

Place frankfurters in 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with lid or plastic wrap. Cook on P10 for 4 to 5 minutes.

**Tip:** To cook one large frankfurter, prick and place on dinner plate. Cook on P5 for 30 to 60 seconds.



Potato and Corn Soup

## Potato and Corn Soup

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 6 | rashers bacon, rind removed |
| 1 | onion, thinly sliced |
| 500 g | potatoes, peeled and diced |
| 4 cups | chicken stock |
| 1 can (440 g) | creamed corn |
| 2 tablespoons | flour, mixed with a little stock |
| ½ teaspoon | thyme |
| | salt and pepper |

**Method:**

Chop bacon and place in 4-litre dish. Cook on P10 for 2 to 3 minutes. Remove bacon from dish and set aside. Add onion and potatoes to dish and cook on P10 for 8 to 10 minutes. Add stock and cook on P10 for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on P10 for 4 to 5 minutes. Stir halfway through cooking. Season with salt and pepper.

## Ham and Cheese Croissants

Serves: 2

**Ingredients:**

| | |
|---|---|
| 2 | croissants |
| 4 | slices ham |
| 4 | slices tasty cheese |
| | salt and pepper |

**Method:**

Cut croissant in half lengthwise. Place cut side up on dinner plate. Place ham on top of each croissant. Place cheese on top of ham. Close. Cook on P10 for 1½ to 2 minutes. Season to taste with salt and pepper. Serve.

# Soups, Snacks and Starters

## Mini Pizzas

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 4 | small round pita breads |
| 2 tablespoons | tomato paste |
| ¾ cup | grated mozzarella cheese |
| ½ cup | chopped salami |
| 50 g | mushrooms, chopped |
| 2 | tomatoes, chopped |
| 1 teaspoon | mixed dried herbs |

**Method:**

Place pita bread onto dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on P5 for 3 to 5 minutes.

## Cheesy Ham Omelette

Serves: 1 to 2

**Ingredients:**

| | |
|---|---|
| 3 | eggs, separated |
| 2 tablespoons | milk |
| | salt and pepper |
| ¼ cup | grated cheese |
| 50 g | ham, cut into strips |
| 1 | shallot, finely sliced |
| | butter for greasing |

**Method:**

Beat egg yolks with milk, salt and pepper in bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot. Place onto well greased dinner plate. Cook on P5 for 3 to 5 minutes. Stand for 2 minutes before folding in half to serve.

## Hommus

Makes: Approximately 3 cups

**Ingredients:**

| | |
|---|---|
| 375 g | chick peas |
| 8 cups | water |
| 2 tablespoons | lemon juice |
| ¼ cup | tahini (sesame paste) |
| 2 tablespoons | minced garlic |
| 3 tablespoons | olive oil |

**Method:**

Place chick peas and water in 4-litre casserole dish and soak overnight. Cover and cook on P10 for 15 minutes, then for a further 45 minutes on P7. Drain. Place all ingredients into food processor and process until smooth. If mixture is too thick, add extra water. Serve as a dip with pita bread, blanched carrot, cauliflower and broccoli.

## Nachos Supreme

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 500 g | topside mince |
| 1 | onion, chopped |
| 35 g | packet Taco seasoning mix |
| ⅓ cup | tomato paste |
| 1 teaspoon | Mexican chilli powder |
| 1 can (310 g) | red kidney beans, mashed in liquid |
| 180 g | packet corn chips |
| 1 | avocado |
| ½ cup | sour cream |
| ½ cup | grated cheese |
| | paprika |

**Method:**

Place meat and onion in 2-litre dish. Cover and cook on P7 for 6 minutes. Mix with fork, breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on P7 for further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Heat on P7 for 3 to 4 minutes.

## Pâté

Makes: 2 cups

**Ingredients:**

| | |
|---|---|
| 2 | rashers bacon, rind removed and bacon chopped |
| 1 | small onion, finely chopped |
| 1 | clove garlic, crushed |
| 125 g | butter |
| 375 g | chicken livers, trimmed and cut in half |
| ½ teaspoon | pepper |
| 2 tablespoons | brandy |
| 2 tablespoons | sour cream |

**Method:**

Place bacon, onion, garlic and butter into 1-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken livers and pepper to mixture. Cover and cook on P5 for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in blender or food processor. Add brandy and sour cream. Process until smooth. Pour into 2-cup mould and refrigerate until set.

# Fish and Shellfish

## Directions for Cooking Fish and Shellfish by Microwave

Clean fish before starting the recipe. Arrange fish in a single layer, Overlap thin fillet ends to prevent overcooking. Prawns and scallops should be placed in a single layer.

Cover dish with plastic wrap. Cook on the power level and the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns, fish fillets or scallops.

### Fish and Shellfish Chart for Microwave Cooking by Time

| FISH OR SHELLFISH | AMOUNT | POWER | APPROX. COOKING TIME (In minutes) |
|---|---|---|---|
| Fish Fillets | 500 g | P4 | 8 to 10 |
| Scallops (sea) | 500 g | P4 | 6 to 8 |
| Green Prawns medium size (shelled and cleaned) | 500 g | P4 | 7 to 9 |
| Whole Fish (stuffed or unstuffed) | 500 g to 900 g | P4 | 8 to 10 |

### Salmon Mornay

Serves: 4

**Ingredients:**

| | |
|---|---|
| 40 g | butter |
| 1 | onion, diced |
| ¼ cup | flour |
| 1 tablespoon | fresh parsley |
| | pepper |
| ½ teaspoon | prepared mustard |
| 1½ cups | milk |
| 1 can (440 g) | salmon |
| ¾ cup | fresh bread crumbs |
| ⅓ cup | grated cheese |

**Method:**

Place butter and onion in a 4-cup jug. Cook on P10 for 1 minute. Add flour and cook on P10 for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on P10 for 2 to 3 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into serving dish and top with bread crumbs and cheese. Cook for further 4 to 5 minutes on P10 power.

### Lemon Pepper Fish (S)

Serves: 2

**Ingredients:**

| | |
|---|---|
| 300 g | fish fillets |
| ¼ cup | lemon juice |
| 1 teaspoon | cracked black (ground) pepper |

**Method:**

Place fish, lemon juice and cracked black pepper in 1-litre casserole dish. Cook on P4 for 4 to 5 minutes. Let stand for 3 minutes before serving.

**To cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap. Press **Fish**, then ***Start***.

### Sweet Scallop Stir Fry

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | oil |
| 1 | onion, quartered |
| ½ teaspoon | crushed garlic |
| ½ | large red capsicum, sliced |
| 2 | sticks celery, sliced |
| 2 tablespoons | sliced water chestnuts |
| 100 g | snow peas |
| 1 tablespoon | honey |
| 1 tablespoon | sweet chilli sauce |
| 1 tablespoon | chopped mint |
| 500 g | scallops |

**Method:**

Preheat browning dish on P10 for 5 to 7 minutes. Add oil, onions and garlic. Cook on P10 for 1 to 2 minutes. Add remaining ingredients and cook on P10 for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

### Oysters Kilpatrick

Makes: 12

**Ingredients:**

| | |
|---|---|
| 60 g | bacon, rind removed and bacon finely chopped |
| 1 tablespoon | worcestershire sauce |
| 2 teaspoons | lemon juice |
| 12 | oysters in shell |

**Method:**

Mix together bacon, worcestershire sauce and lemon juice in small bowl. Cover bacon mixture and cook on P10 for 1 to 2 minutes. Place oysters in shell evenly around dinner plate and sprinkle with bacon mixture. Cook on P10 for 2 minutes. Serve with drinks.

# Fish and Shellfish

Coquille St Jacques

## Italian Mussels

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 20 g | butter |
| 1½ cup | chopped leeks |
| 1 | clove garlic, crushed |
| 1 can (440 g) | peeled tomatoes, roughly chopped |
| 1 tablespoon | tomato paste |
| ½ teaspoon | dried oregano |
| ½ teaspoon | dried basil |
| | freshly ground black pepper |
| 750 g | fresh mussels |

**Method:**

Place butter, leeks and garlic into shallow 3-litre dish. Cook on P10 for 2 minutes. Stir well. Add tomatoes, tomato paste, oregano, basil and pepper. Mix well. Cook on P10 for 3 to 4 minutes. Add mussels, spooning some of the tomato mixture into the shells to increase the flavour. Cover and cook on P10 for 5 to 6 minutes. Serve immediately.

## Smoked Red Cod (S)

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 2(approx. 500 g) | medium sized smoked red cod fillets |
| 1 tablespoon | butter, melted |
| 3 teaspoons | water |
| | freshly ground black pepper |

**Method:**

Place all ingredients in large casserole dish. Cover and cook on P4 for 5 to 6 minutes or until cooked and fish flakes when tested with a fork. Season to taste.

**To cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap.

Press **Fish**, then ***Start***.

## Coquille St Jacques

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 2 tablespoons | butter |
| 1 | onion, finely chopped |
| 60 g | button mushrooms, sliced |
| ¼ cup | plain flour |
| 2 cups | milk |
| ¼ cup | white wine |
| 500 g | scallops |
| 1 cup | fresh breadcrumbs |
| ½ cup | grated Swiss cheese |
| 2 tablespoons | chopped parsley |
| | salt and pepper |

**Method:**

Place butter, onion and mushrooms in 2-litre casserole dish. Cook on P10 for 2 to 3 minutes. Add flour, stir well. Gradually add milk and white wine, stirring continuously. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Add scallops and cook on P7 for 2 to 4 minutes, stirring halfway through cooking. Divide mixture into 4 to 6 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each ramekin. Cook on P10 for 1 to 2 minutes.

## Salmon Pâté

Makes: 2½ cups

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| 3 | spring onions, sliced |
| 1 tablespoon | plain flour |
| 1 teaspoon | prepared mustard |
| | salt and pepper |
| ½ cup | sour cream |
| ¼ cup | mayonnaise |
| ¼ cup | white wine |
| 1 tablespoon | lemon juice |
| 1 can (440 g) | salmon, drained and bones removed |
| 1 tablespoon | gelatine |
| ¼ cup | water |

**Method:**

Place butter and spring onions in 1-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add flour, mustard, salt and pepper. Stir and cook on P10 for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in blender or food processor. Place gelatine and water in a separate dish and cook on P10 for 20 to 30 seconds, until dissolved. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2½ cup mould and refrigerate until set.

# Fish and Shellfish

## Gingered Whole Fish (S)

Serves: 2

**Ingredients:**

| | |
|---|---|
| 400 g | whole bream |
| 2 tablespoons | lemon juice |
| 2 tablespoons | soy sauce |
| 1 teaspoon | minced ginger |
| 3 | spring onions, sliced |

**Method:**
Place fish in shallow casserole dish. Combine lemon juice, soy sauce, minced ginger and spring onions in 1-litre jug. Pour sauce mixture over fish. Cover and cook on P4 for 4 to 6 minutes. Turn over and re-cover. Cook on P4 for 3 to 4 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover with plastic wrap.
Press **Fish**, then ***Start***.

## Whole Stuffed Fish (S)

Serves: 2

**Ingredients:**

| | |
|---|---|
| 500 g | whole fish, cleaned and scaled (Bream or Snapper) |
| 2 tablespoons | melted butter, divided |
| **Stuffing:** | |
| 1 cup | fresh breadcrumbs |
| 4 | spring onions, sliced |
| 1 teaspoon | dried basil |
| | juice of ½ lemon |
| 2 tablespoons | chopped parsley |
| | freshly ground black pepper |

**Method:**
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Fill fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a rack in 3-litre casserole dish and cook on P4 for 7 to 9 minutes. Stand, covered, for 5 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover with plastic wrap.
Press **Fish**, then ***Start***.

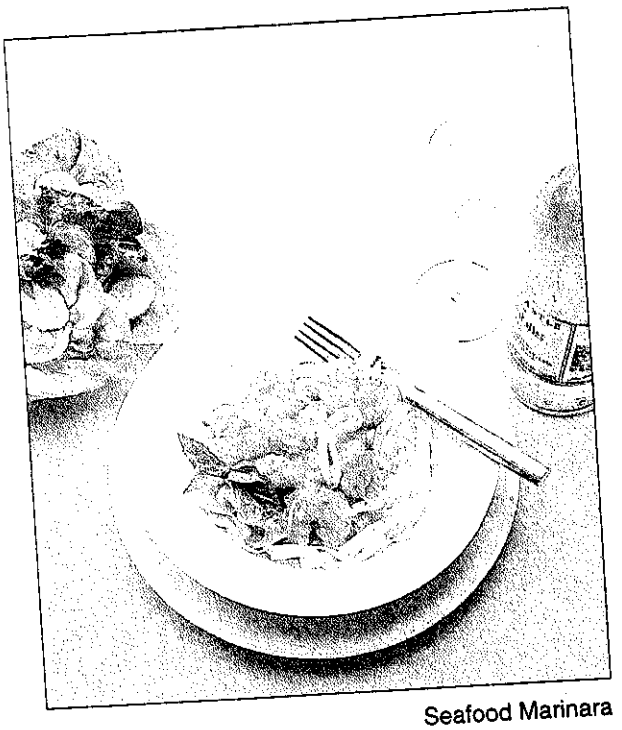
## Garlic Prawns

Serves: 2

**Ingredients:**

| | |
|---|---|
| 60 g | butter |
| 1 teaspoon | minced garlic |
| 1 tablespoon | lemon juice |
| 1 tablespoon | chopped parsley |
| 500 g | peeled green prawns |

**Method:**
Place butter and garlic in 1-litre dish and cook on P10 for 30 to 50 seconds. Add lemon juice, parsley and prawns. Cook on P6 for 5 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.



Seafood Marinara

## Seafood Marinara

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | scallops |
| 250 g | green prawns, shelled and deveined |
| 1 (approx. 275 g) | squid, cleaned and sliced |
| 2 tablespoons | butter |
| 1 | clove garlic, crushed |
| 2 | tomatoes, peeled and chopped |
| 1 tablespoon | tomato paste |
| ¼ cup | white wine |
| 1 teaspoon | basil |
| | pepper |
| | chopped parsley |

**Method:**
Place cleaned seafood into 2-litre casserole dish. Set aside. Place butter and garlic in 1-litre casserole dish. Cook on P7 for 1 minute. Add remaining ingredients (except seafood), to dish and cook on P10 for 5 minutes. Purée tomato mixture in blender or food processor and pour over seafood. Cook on P6 for 7 to 9 minutes. Stand for 5 minutes. Serve with salad and pasta.

**HINT:**
When cooking whole fish, remove or shield the eyes before cooking to prevent eyes exploding.

# Poultry

## Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.
Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on a microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.
If the poultry is not cooked enough, return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalize throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish, occasionally drain it. If desired, reserve juices for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry.
Use an oven cooking bag or a covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits on top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer inserted into the muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down after standing time.
During cooking, it may be necessary to shield legs, wings and the breast bone with foil to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

## Directions for Cooking Poultry Pieces by Microwave

Cover with wax paper or paper towel. Use the chart below to determine recommended minimum cooking times.
Arrange pieces skin-side down and evenly spread in a shallow dish.
Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc., if required.

### Poultry Chart for Microwave Cooking by Time

| POULTRY | POWER | TEMPERATURE AFTER COOKING | APPROX. COOKING TIME (minutes per 500 g) |
|---|---|---|---|
| Chickens (up to 2 kg) | P7 | 87°C | 10 to 15 |
| Chicken (pieces) | P7 | 87°C | 8 to 10 |
| Turkey | P7 | 87°C | 10 to 15 |
| Duck | P7 | 87°C | 10 to 15 |

# Poultry

## Chicken and Potato Casserole

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | BBQ (cooked) chicken |
| 500 g | potatoes, peeled and thinly sliced |
| 1¼ cup | water |
| 30 g | butter |
| 1 | onion, finely chopped |
| 1 | clove garlic, crushed |
| 2 tablespoons | plain flour |
| 1 cup | chicken stock |
| 1 teaspoon | french mustard |
| ½ cup | cream |
| ¾ cup | grated tasty cheese |
| | paprika |

**Method:**

Remove chicken meat from bones. Place potatoes and water in 2-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in 4-cup glass jug and cook on P10 for 40 seconds. Add onion and garlic to jug and cook on P10 for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on P10 for 2 to 3 minutes. Stir every minute.

Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on P7 for 4 to 6 minutes. Serve with vegetables.

## Chicken Rolls with Honey Mustard

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 8 | chicken thigh fillets |
| 16 | prunes, pitted |
| 8 | spring onions |
| 2 tablespoon | flaked almonds |
| 4 rashers | rindless bacon, halved lengthwise |

**Honey Mustard Glaze**

| | |
|---|---|
| 1 tablespoon | brown sugar |
| 1 tablespoon | French Mustard |
| 1 tablespoon | honey |
| 10 g | butter, melted |
| | ground black pepper |

**Method:**

Open out each thigh fillet and trim away fat. Place 2 prunes, some spring onion and a few flaked almonds on each fillet. Roll fillets up and wrap a piece of bacon around each one. Secure with toothpicks. Blend all glaze ingredients together in a small bowl. Place chicken into a 3-litre dish in a single layer and brush with glaze mixture. Cook on P7 for 16 to 20 minutes, turning halfway through cooking.

## Roast Turkey

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 2.5 to 2.8 kg | turkey |
| 60 g | butter |
| 1 | stick celery, finely sliced |
| 1 | small onion, finely chopped |
| 2 | small cooking apples, peeled and grated |
| 2 cups | fresh breadcrumbs |
| 1 tablespoon | parsley, finely chopped |
| 1 | egg |
| | salt and pepper |
| 1 tablespoon | oil |
| | lemon pepper or seasoned salt |

**Method:**

Clean and pat dry turkey with paper towel. Melt butter in 1-litre casserole dish on P10 for 30 to 40 seconds. Add celery, onion and apples. Cook on P10 for 4 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Place turkey, breast-side down, on rack in 3-litre casserole dish. Pierce skin with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt. Cook on P7 for 50 to 75 minutes, turning halfway through cooking. Stand, covered, for 10 minutes before serving.

## Chicken Cacciatore

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 can (440 g) | tomatoes |
| ¼ cup | tomato paste |
| 1 teaspoon | minced garlic |
| 1 | onion, diced |
| 2 teaspoons | dried oregano |
| 1 kg | chicken drumsticks |

**Method:**

Place all ingredients in 2-litre casserole dish. Stir until combined. Cover and cook on P7 for 10 to 12 minutes. Turn chicken and stir. Cook on P7 for 10 to 12 minutes.

**HINT:**

After cooking whole poultry, cover with foil to retain heat while finishing the remainder of the meal.

# Poultry

## Soy Chicken and Vegetables

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | cornflour |
| 2 tablespoons | soy sauce |
| ¼ cup | sherry |
| ⅓ cup | oyster sauce |
| 2 teaspoons | minced ginger |
| 500 g | chicken fillets, sliced |
| 2 cups | sliced vegetables |

**Method:**

Place cornflour, soy sauce, water and ginger in 3-litre casserole dish and mix well. Cook on P10 for 1 to 1½ minutes. Add chicken to dish and cook on P7 for 4 to 5 minutes, stirring once during cooking. Add vegetables to dish. Cook on P10 for 3 minutes. Stir. Let stand 2 minutes. Serve with boiled or fried rice.

## Chicken Asparagus and Mushroom Risotto

Serves: 4

**Ingredients:**

| | |
|---|---|
| 300 g | fresh asparagus, chopped |
| 2 tablespoon | olive oil |
| 1 ½ cups | arborio rice |
| 1 | clove garlic, crushed |
| 4 cups | boiling chicken stock |
| 2 cups | coarsely chopped cooked chicken |
| ¼ cup | grated fresh parmesan cheese |
| ¼ cup | cream |
| | ground black pepper |
| extra | coarsely grated parmesan cheese |

**Method:**

Place asparagus into 2-litre dish and cook on P10 for 1 minute.Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on P10 for 1 minute. Add 2 cups of boiling chicken stock, cook on P10 for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on P10 for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on P10 for 2 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

## Chicken Wings in Lemon Sauce (S)

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 kg | chicken wings |
| ¼ cup | soy sauce |
| 1 teaspoon | ginger powder |
| 2 | cloves garlic, crushed |
| ¼ cup | lemon juice |

**Method:**

Place chicken wings in 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator. Cook, covered, on P7 for 20 to 25 minutes. Serve hot with rice.

**To cook by Sensor Cook:**
Prepare as above. Cover with plastic wrap. Press **Chicken**, then ***Start***.

## Green Peppercorn Chicken

Serves: 4
Browning Dish Recipe

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| 4 | single chicken breast fillets |
| | ground black pepper |
| 2 tablespoons | green peppercorns |
| 1 tablespoon | seeded mustard |
| 1 teaspoon | chicken stock powder |
| 2 tablespoons | lemon juice |
| ½ cup | cream |

**Method:**

Preheat a browning dish on P10 for 4 to 5 minutes. Flatten chicken fillets and press pepper into each fillet. Add butter to browning dish with chicken and cook on P10 for 4 to 6 minutes. Turn halfway through cooking. Remove chicken and add remaining ingredients to dish, stir well. Cook on P10 for 1 to 2 minutes. Serve chicken with sauce.

## Chicken Curry

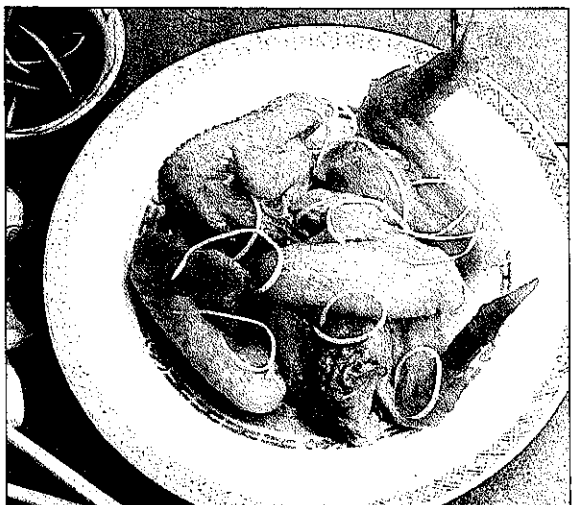
Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 2 tablespoons | red curry paste |
| 500 g | chicken fillets, chopped |
| 2 cups | finely sliced vegetables |
| 1 cup | coconut milk |

**Method:**

Place onion and curry paste in 3-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken and combine. Cook on P7 for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on P10 for 4 minutes. Serve with Jasmine rice.



Chicken Wings in Lemon Sauce

# Poultry

## Soy Chicken and Vegetables

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | cornflour |
| 2 tablespoons | soy sauce |
| ¼ cup | sherry |
| ⅓ cup | oyster sauce |
| 2 teaspoons | minced ginger |
| 500 g | chicken fillets, sliced |
| 2 cups | sliced vegetables |

**Method:**

Place cornflour, soy sauce, water and ginger in 3-litre casserole dish and mix well. Cook on P10 for 1 to 1½ minutes. Add chicken to dish and cook on P7 for 4 to 5 minutes, stirring once during cooking. Add vegetables to dish. Cook on P10 for 3 minutes. Stir. Let stand 2 minutes. Serve with boiled or fried rice.

## Chicken Asparagus and Mushroom Risotto

Serves: 4

**Ingredients:**

| | |
|---|---|
| 300 g | fresh asparagus, chopped |
| 2 tablespoon | olive oil |
| 1 ½ cups | arborio rice |
| 1 | clove garlic, crushed |
| 4 cups | boiling chicken stock |
| 2 cups | coarsely chopped cooked chicken |
| ¼ cup | grated fresh parmesan cheese |
| ¼ cup | cream |
| | ground black pepper |
| extra | coarsely grated parmesan cheese |

**Method:**

Place asparagus into 2-litre dish and cook on P10 for 1 minute.Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on P10 for 1 minute. Add 2 cups of boiling chicken stock, cook on P10 for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on P10 for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on P10 for 2 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

## Chicken Wings in Lemon Sauce (S)

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 kg | chicken wings |
| ¼ cup | soy sauce |
| 1 teaspoon | ginger powder |
| 2 | cloves garlic, crushed |
| ¼ cup | lemon juice |

**Method:**

Place chicken wings in 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator. Cook, covered, on P7 for 20 to 25 minutes. Serve hot with rice.

**To cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap. Press **Chicken**, then ***Start***.

## Green Peppercorn Chicken

Serves: 4

Browning Dish Recipe

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| 4 | single chicken breast fillets |
| | ground black pepper |
| 2 tablespoons | green peppercorns |
| 1 tablespoon | seeded mustard |
| 1 teaspoon | chicken stock powder |
| 2 tablespoons | lemon juice |
| ½ cup | cream |

**Method:**

Preheat a browning dish on P10 for 4 to 5 minutes. Flatten chicken fillets and press pepper into each fillet. Add butter to browning dish with chicken and cook on P10 for 4 to 6 minutes. Turn halfway through cooking. Remove chicken and add remaining ingredients to dish, stir well. Cook on P10 for 1 to 2 minutes. Serve chicken with sauce.

## Chicken Curry

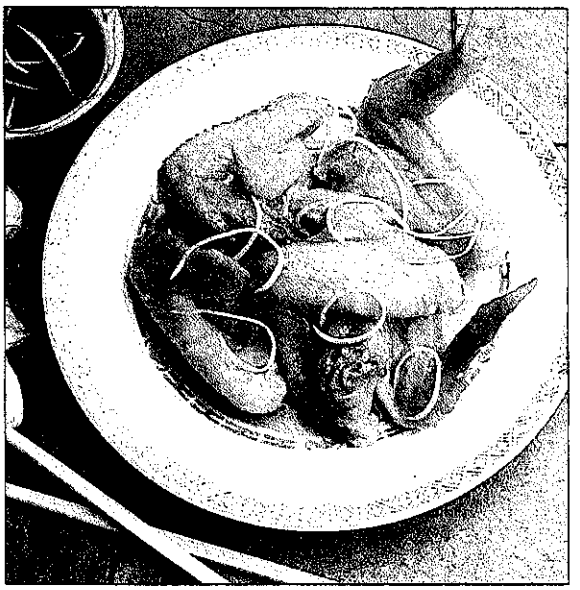
Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 2 tablespoons | red curry paste |
| 500 g | chicken fillets, chopped |
| 2 cups | finely sliced vegetables |
| 1 cup | coconut milk |

**Method:**

Place onion and curry paste in 3-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken and combine. Cook on P7 for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on P10 for 4 minutes. Serve with Jasmine rice.



Chicken Wings in Lemon Sauce

# Main Fare Meats

## Goulash (S)

Serves: 4

**Ingredients:**

| | |
|---|---|
| 500 g | lamb chops |
| 1 | onion, chopped |
| 1 | clove garlic, crushed |
| 1 tablespoon | butter |
| 2 tablespoons | tomato paste |
| ½ teaspoon | paprika |
| 1 | small capsicum, cut into 2.5 cm cubes |
| 1 cup | beef stock |
| 2 tablespoons | flour |
| 2 tablespoons | water |
| 2 tablespoons | sour cream |

**Method:**

Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add tomato paste and paprika. Cook on P10 for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on P6 for 25 to 30 minutes, stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on P10 for 1 to 2 minutes.

Stir in sour cream and serve with pasta and rice.

**To Cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap.

Press **Casserole**, then ***Start***. .

## Lamb and Mushroom Kebabs

Makes: 8 skewers

**Ingredients:**

| | |
|---|---|
| ¼ cup | red wine |
| 2 teaspoons | lemon juice |
| 1 teaspoon | oil |
| 1 | clove garlic, crushed |
| ½ teaspoon | ground coriander |
| | freshly ground black pepper |
| 500 g | boneless leg lamb, trimmed and cut into 3 cm cubes |
| 200 g | mushrooms, stalks removed |
| 1 tablespoon | oil |

**Method:**

Combine red wine, lemon juice, oil, garlic, coriander and pepper in jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight. Preheat browning dish on P10 for 5 to 6 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers, approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers of meat in dish. Cook on P10 for 2 to 3 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on P10 for a further 3 minutes. Add remaining 4 skewers of meat and cook on P10 for 2 to 3 minutes. Serve on a bed of rice.

## Veal Paprika

Serves: 4

**Ingredients:**

| | |
|---|---|
| 750 g | diced veal |
| 250 g | mushrooms, sliced |
| 1 cup | chicken stock |
| 1 | onion, finely chopped |
| 1 teaspoon | paprika |
| | salt and pepper |
| 2 tablespoons | flour |
| 1 tablespoon | tomato paste |
| ½ cup | sour cream |

**Method:**

In 3-litre dish, combine veal, mushrooms, ½ cup chicken stock, onion, paprika, salt and pepper. Cook on P7 for 10 to 15 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on P10 for 2 to 3 minutes. Blend in sour cream. Serve.

## Barbecued Marinated Spare Ribs

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 kg | pork spare ribs |
| ¾ cup | fruit chutney |
| ¾ cup | tomato sauce |
| 1 tablespoon | soy sauce |
| 1 tablespoon | worcestershire sauce |

**Method:**

Place all ingredients in 3-litre casserole dish and marinate for several hours or overnight. Cook ribs on P7 for 20 minutes, turning once through cooking.

## French Onion Beef Casserole (S)

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 1 teaspoon | mixed dried herbs |
| 200 g | diced potatoes |
| 500 g | chuck steak, chopped |
| 1 (40 g) | packet French onion soup mix |
| ⅓ cup | tomato paste |
| 2 cups | beef stock |

**Method:**

Place onion and herbs in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, stir until combined. Cover and cook on P10 for 10 minutes. Stir and cook on P6 for 25 to 27 minutes, stirring once during cooking.

**To Cook by Sensor Cook:**

Prepare as above, cover with plastic wrap.

Press **Casserole**, then ***Start***.

# Main Fare Meats

## Quick Mince Hot Pot

Serves: 4

**Ingredients:**

| | |
|---|---|
| 500 g | lamb mince |
| 1 | onion, chopped |
| 1 (35 g) | packet French onion soup |
| 1 tablespoon | worcestershire sauce |
| 1 can (425 g) | tomato purée |
| 2 | large potatoes, peeled and diced |

**Method:**

Combine all ingredients in 3-litre casserole dish. Cover and cook on P10 for 18 to 20 minutes, stirring twice during cooking. Serve with noodles or rice.

## Crusted Rack of Lamb

Serves: 2 to 3

**Ingredients:**

| | |
|---|---|
| ¾ cup | fresh bread crumbs |
| 3 tablespoons | sweet marmalade |
| 2 tablespoons | finely chopped mixed herbs |
| | pinch cayenne pepper |
| 1 (approx 600 g) | rack of lamb |

**Method:**

In a small bowl, combine all ingredients, except lamb, and mix well. Place rack of lamb, fat side up, on a rack set in 3-litre dish. Spread marmalade mixture on top side of lamb and cook on P7 for 15 to 17 minutes. Allow to stand for 5 minutes before serving.

## Chilli Beef

Serves: 4

**Ingredients:**

| | |
|---|---|
| 500 g | topside beef mince |
| 1 | onion, diced |
| 1 teaspoon | minced garlic |
| 1 (35 g) | packet chilli seasoning mix |
| 1 can (400 g) | tomato purée |
| 1 can (440 g) | kidney beans, drained |

**Method:**

Place all ingredients in 3-litre casserole dish. Mix well. Cook on P10 for 20 to 25 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Seasoned Roast Lamb

## Seasoned Roast Lamb

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1.4 kg | leg of lamb |
| 1 tablespoon | seeded mustard |
| 1 tablespoon | rosemary |

**Method:**

Place lamb fat side up on rack set in 3-litre dish. Brush with mustard and rosemary. Cook on P7 for 30 to 35 minutes, turn halfway through cooking. Stand, covered, for 15 minutes before slicing.

## Lambs Fry and Bacon

Serves: 4

**Ingredients:**

| | |
|---|---|
| 750 g | liver |
| ¼ cup | flour |
| 250 g | bacon, rind removed and cut into 2 cm strips |
| 2 | onions, sliced |
| 1 tablespoon | butter |
| 1 tablespoon | ground black pepper |
| | chopped parsley |

**Method:**

Soak liver in water for 30 minutes, remove skin and cut liver into strips. Coat liver with flour and shake off any excess. Place bacon and onion into 3-litre dish and cook on P10 for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to dish and half the sliced liver. Cook on P10 for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and liver. Return all the liver to dish and add bacon, and onion, season with pepper and add parsley. Stir well. Cook on P10 for 2 to 3 minutes and serve immediately.

# Main Fare Meats

## Peppered Steak

Serves: 2

**Ingredients:**

| | |
|---|---|
| 2 | slices of rump steak |
| 2 tablespoons | ground peppercorns |
| 1 tablespoon | oil |

**Method:**

Preheat browning dish on P10 for 4 to 6 minutes. Trim excess fat from steak and coat each side of steak with peppercorns. Remove dish from oven, add oil and place steaks in dish. Cook on P10 for 2 to 4 minutes. Turn and cook a further 2 to 4 minutes. Remove steaks and serve with vegetables.

**Note:** Times may vary depending on the thickness of the steak.

## Chinese Beef and Vegetables

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 400 g | rump steak sliced |
| 1 teaspoon | chopped ginger |
| 1 teaspoon | chopped garlic |
| 1 tablespoon | soy sauce |
| 2 tablespoons | Hoisin Sauce |
| ½ cup | beef stock |
| 3 cups | sliced vegetables |

**Method:**

Place steak, ginger and garlic in 3-litre casserole dish. Cook on P10 for 1 minute. In 1-cup jug, combine soy sauce, Hoisin Sauce and beef stock. Add to meat mixture. Cook on P10 for 1 to 2 minutes. Add the vegetables and cook on P10 for 3 to 5 minutes, stirring halfway through cooking.

## Veal and Pineapple Casserole (S)

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 750 g | veal steak diced |
| 2 tablespoons | seasoned flour |
| 125 g | bacon, rind removed |
| 2 | onions, sliced |
| 1 can (450 g) | pineapple pieces, drained |
| 2 tablespoons | parsley, finely chopped |
| ½ teaspoon | dried basil |
| 1 cup | tomato purée |
| 1 | chicken stock cube, crumbled |

**Method:**

Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in 3-litre casserole dish. Mix well. Cook on P6 for 40 to 45 minutes. Stir halfway through cooking.

**To Cook by Sensor Cook:**

Prepare as above, cover with plastic wrap. Press **Casserole**, then ***Start***.

## Beef Stroganoff

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | onion, sliced |
| 750 g | rump steak sliced thinly |
| 2 tablespoons | tomato sauce |
| 2 tablespoons | worcestershire sauce |
| 1 | beef stock cube |
| 1 teaspoon | paprika |
| ⅓ cup | sour cream |
| 200 g | sliced mushrooms |

**Method:**

Place all ingredients (except sour cream and mushrooms) in 3-litre casserole dish. Stir until combined. Cook on P7 for 8 to 10 minutes, stirring once during cooking. Add sour cream and mushrooms. Stir and cook on P7 for 3 to 4 minutes.

## Pepper Pot Beef

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 teaspoon | minced garlic |
| 1 | red capsicum, sliced |
| 1 can (410 g) | tomatoes |
| 750 g | cubed beef |
| ¼ cup | tomato paste |
| 1 tablespoon | worcestershire sauce |
| 1 tablespoon | cracked black pepper |

**Method:**

Combine all ingredients in 3-litre casserole dish. Cook on P7 for 15 minutes. Stir, cook on P6 for 20 to 25 minutes. Serve with boiled or steamed rice.

## Irish Stew

Serves: 8

**Ingredients:**

| | |
|---|---|
| 750 g | lamb, cut into 2 cm cubes |
| 2 | carrots, peeled and sliced |
| 2 | potatoes, peeled and sliced |
| 2 cups | water |
| 40 g packet | French onion soup mix |
| 2 tablespoons | flour |
| 1 | bay leaf |

**Method:**

Arrange lamb, carrots and potatoes in 2-litre casserole dish. Combine water, soup mix, flour and bay leaf in mixing bowl. Pour over meat, carrots and potatoes. Cook on P7 for 6 to 8 minutes. Cook on P3 for 60 to 70 minutes. Stand, covered, for 5 minutes. Stir. Serve with steamed vegetables.

# Main Fare Meats

## Corned Beef

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1.5 to 1.7 kg | corned silverside |
| 1 tablespoon | brown sugar |
| 1 tablespoon | white vinegar |
| 1 | onion, cut in half |
| 4 | cloves |
| 6 | peppercorns |
| 1 | bay leaf |
| 3 cups | water |

**Method:**

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in 4-litre casserole dish. Add remaining ingredients. Cover and cook on P10 for 10 minutes. Turn meat, cover and cook on P3 for 1¼ to 1½ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

**Note:** Depending on the size and shape of the silverside, it may require a further 10 to 15 minutes on P3.

## Lasagne

Serves: 4 to 6

**Ingredients:**

**Meat Sauce:**

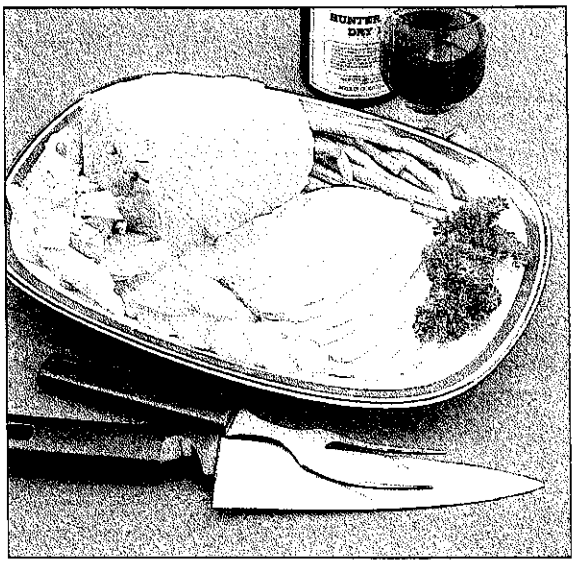
| | |
|---|---|
| 500 g | minced beef |
| 2 | small onions, chopped |
| 1 | clove garlic, chopped |
| 1 can (425 g) | tomato purée |
| 3 | beef stock cubes |
| 2 tablespoons | mixed herbs |
| 1 tablespoon | cracked black pepper |

**Cheese Sauce:**

| | |
|---|---|
| 80 g | butter |
| ¼ cup | flour |
| 500 ml | milk |
| 1 cup | grated cheese |
| ½ cup | Parmesan cheese |
| 12 | lasagne sheets, cooked |
| 1 cup | extra grated cheese |

**Method:**

Combine all meat sauce ingredients in 4-litre casserole dish. Cook on P10 for 30 to 35 minutes, stirring several times during cooking. Set aside. Melt butter in 2-litre jug on P10 for 30 to 40 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 2 to 3 minutes. Add grated cheese and Parmesan cheese. Cook on P10 for 50 to 60 seconds. Spoon quarter of the meat sauce into the base of 25 x 25 cm deep casserole dish. Top with three lasagne sheets. Spoon another quarter of meat sauce over the lasagne sheets and spread with cheese sauce. Continue with remaining ingredients. Top with meat and cheese sauce. Sprinkle with extra cheese and cook on P7 for 30 to 35 minutes.



Corned Beef

## Apricot Meatloaf

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 500 g | minced beef |
| 1 can (440 g) | chopped apricots, drained |
| 1 tablespoon | mixed dried herbs |
| 1 | egg |
| 1 | beef stock cube |
| ¼ cup | tomato paste |
| | ground black pepper |
| ½ cup | breadcrumbs |

**Method:**

Combine all ingredients in large bowl, mix well. Place into 12 cm x 20 cm loaf dish. Cook on P7 for 20 to 25 minutes. Cover and stand for 10 minutes before serving.

## Spaghetti Meat Sauce

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 500 g | minced beef |
| 1 | onion, chopped |
| 1 teaspoon | minced garlic |
| 1 can (425 g) | tomatoes |
| ½ cup | tomato paste |
| 2 | beef stock cubes |
| 1 tablespoon | dried mixed herbs |
| 1 tablespoon | worcestershire sauce |
| | pepper |

**Method:**

Combine all ingredients in 3-litre casserole dish. Cook on P10 for 7 to 8 minutes, stir. Cook on P7 for 14 to 18 minutes. Stir halfway through cooking. Serve with spaghetti.

**HINT:**

It is better to cook meat for a lesser time in a recipe and add extra time if needed. This will prevent overcooking.

# Vegetable Varieties

## Directions for Cooking Vegetables

### Fresh Vegetables by Microwave

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on P10 according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Allow to stand, covered, according to the time indicated in the charts.

### Frozen Vegetables by Microwave

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on P10 according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.
Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

### Dried Beans or Peas by Microwave

Place hot tap water in 4-litre dish. Bring hot water to the boil on P10 for 10 to 12 minutes. Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

**Note:** Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked beans. Use in place of canned beans.

## Frozen Vegetables Chart for Microwave Cooking

| VEGETABLE | QUANTITY | COOKING PROCEDURE | APPROX. COOKING TIME (in minutes) on P10 |
|---|---|---|---|
| Beans | 250 g | Cook in covered 2-litre dish. | 4 to 6 |
| Broad Beans | 250 g | Cook in covered 2-litre dish. | 5 to 7 |
| Broccoli (spears) | 350 g | Cook in covered 2-litre dish. | 5 to 7 |
| Brussels Sprouts | 250 g | Cook in covered 2-litre dish. | 5 to 7 |
| Carrots (baby) | 250 g | Cook in covered 2-litre dish. | 6 to 8 |
| Cauliflower | 500 g | Cook in covered 2-litre dish. | 5 to 7 |
| Corn (½ cob) | ½ ear (75 g) | Cook in covered 2-litre dish. | 3 to 4 |
| Corn (cobs) | 250 g | Cook in covered 2-litre dish. | 5 to 7 |
| Mixed Vegetables | 250 g | Cook in covered 2-litre dish. | 5 to 7 |
| Peas | 250 g | Cook in covered 2-litre dish. | 4 to 6 |
| Spinach | 250 g | Cook in covered 2-litre dish. | 4 to 6 |

## Dried Beans and Peas Chart for Microwave Cooking

| ITEM | CONTAINER | AMOUNT OF HOT WATER | APPROX. TIME TO BOIL HOT WATER on P10 (in minutes) COVERED | TO COOK BEANS on P3 (in minutes) COVERED |
|---|---|---|---|---|
| Lentils (250 g) | 4-litre dish | 2 litres | 10 to 12 | 15 to 20 |
| Soup Mix (250 g) | 4-litre dish | 2 litres | 10 to 12 | 20 to 25 |
| Split Peas or Lentils (250 g) | 4-litre dish | 2 litres | 10 to 12 | 25 to 30 |
| Beans (250 g) Soaked overnight | 4-litre dish | 2 litres | 10 to 12 | 25 to 30 |

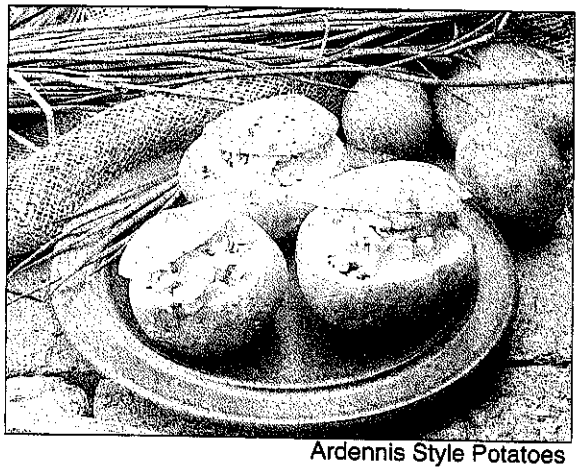
# Vegetable Varieties

## Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on P10 power for best results. Weights given are trimmed weights.

| VEGETABLE | QUANTITY | COOKING PROCEDURE | APPROX. COOKING TIME (in minutes) on P10 |
|---|---|---|---|
| Asparagus | 250 g | Covered dish with ¼ cup water. | 3 to 5 |
| Beans (finely sliced) | 250 g | Covered dish with ¼ cup water. | 4 to 5 |
| Beetroot | 4 whole (1 kg) | Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 mins. | 14 to 18 |
| Broccoli | 500 g | Covered dish with ¼ cup water. | 5 to 7 |
| Brussels Sprouts | 500 g | Covered dish with ¼ cup water. | 4 to 6 |
| Cabbage | 500 g | Shredded, with ¼ cup water in covered dish. | 6 to 8 |
| Carrots | 4 (sliced finely) 225 g | With ¼ cup water in covered dish. | 3 to 5 |
| Cauliflower | 500 g | With ¼ cup water in covered dish. | 5 to 7 |
| Celery | 6 stalks (400 g) cut in 1 cm angled pieces | With ¼ cup water in covered dish. | 4 to 6 |
| Corn | 2 ears (500 g) 4 ears (1 kg) | Brush with melted butter and cook in covered dish. | 4 to 6 8 to 10 |
| Eggplant | 1 (500 g) | Dice with ¼ cup water in covered dish. | 4 to 6 |
| Mushrooms | 250 g (sliced) | Cook with 2 tablespoons butter in covered dish. | 3 to 4 |
| Onions | 3 (200 g) | Cut in quarters with ¼ cup water in covered dish. | 5 to 7 |
| Peas | 250 g | Shell peas and place with ¼ cup water in covered dish. | 3 to 5 |
| Potatoes-Mashed -Jacket | 5 (500 g) | Peeled and quartered with ¼ cup water. Prick skins. Place on paper towel lined plate, cook uncovered. | 10 to 12 7 to 9 |
| Pumpkin | 500 g | Peeled and cut into uniform pieces with ¼ cup water in covered dish. | 8 to 10 |
| Spinach | 250 g | Remove stem, cut leaves into small pieces. Cook with ¼ cup water in covered dish. | 3 to 5 |
| Sweet Potato | 500 g | In serving size pieces with 2 tablespoons butter in covered dish. | 6 to 8 |
| Turnips | 500 g | Peeled and sliced finely with ¼ cup water in covered dish. | 6 to 8 |
| Tomatoes | 2 (300 g) | Sliced and cooked covered with 1 tablespoon butter in dish. | 2 to 4 |
| Zucchini | 500 g | Cut in 2 cm pieces in covered dish. | 5 to 7 |

# Vegetable Varieties



Ardennis Style Potatoes

## Oriental Vegetables

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | oil |
| 1 cup | celery, sliced diagonally |
| 1 | large onion, cut into petals |
| 1 | green capsicum, sliced |
| 1 | red capsicum, sliced |
| 1 cup | sliced mushrooms |
| 1 tablespoon | Hoisin sauce |
| 2 teaspoons | soy sauce |

**Method:**

Preheat browning dish on P10 for 7 minutes. Add oil and vegetables. Stir well. Cook on P10 for 3 to 4 minutes, stirring halfway through cooking. Mix sauces together in 1-cup glass jug and cook on P10 for 1 minute. Pour over hot vegetables and mix well.

## Creamed Spinach

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | bunch spinach, roughly chopped |
| 4 | spring onions, finely chopped |
| 1 | clove garlic, crushed |
| 2 tablespoons | sour cream |
| | salt and pepper |

**Method:**

Cook washed spinach leaves, spring onions and garlic in covered 3-litre casserole dish on P10 for 5 to 7 minutes. Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on P10 for 1 to 2 minutes. Serve.

## Ardennis Style Potatoes

Serves: 4

**Ingredients:**

| | |
|---|---|
| 4 | medium sized potatoes |
| 100 g | ham, finely diced |
| 3 tablespoons | snipped chives |
| 50 g | butter |
| ½ cup | grated Cheddar cheese |
| | ground black pepper |

**Method:**

Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in 2-litre casserole dish. Cook on P10 for 6 to 8 minutes. Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in 2-litre casserole dish. Cook on P10 for 2 to 3 minutes.

## Cauliflower Au Gratin

Serves: 4

**Ingredients:**

| | |
|---|---|
| 500 g | cauliflower, trimmed and cut into pieces |
| 2 tablespoons | water |
| 2 tablespoons | butter |
| 1 | small onion, finely chopped |
| 2 tablespoons | flour |
| 1 cup | milk |
| ½ cup | grated tasty cheese |

**Method:**

Place cauliflower and water in shallow casserole dish. Cover and cook on P10 for 6 to 8 minutes. Stand, covered, while making sauce. Place butter and onion in 4-cup glass jug. Cook on P10 for 1 to 2 minutes. Stir in flour and cook on P10 for 1 minute. Add milk gradually. Stir well. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on P7 for 1 to 2 minutes.

**Note:** Depending on size and arrangement of cauliflower pieces, timing will vary. If smaller pieces are used, cook on P10 for 5 to 7 minutes.

**HINT:**

TO SKIN TOMATOES: Cut a cross into the tomato skin. Place 1 cup of hot tap water in 2 to 3 cup jug or bowl and heat on P10 for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds. Remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.

# Vegetable Varieties

## Broccoli and Cheese Sauce

Serves: 2 to 3

**Ingredients:**

| | |
|---|---|
| 250 g | broccoli, washed, trimmed and cut into pieces |
| 1 tablespoon | water |

**Cheese Sauce:**

| | |
|---|---|
| 2 tablespoons | butter |
| 2 tablespoons | flour |
| 1 cup | milk |
| ¾ cup | grated cheese |
| ¼ teaspoon | mustard (optional) |
| | salt and pepper |

**Method:**

Place broccoli and water in 2-litre casserole dish. Cover and cook on P10 for 4 to 6 minutes. Drain and set aside. Place butter in 4-cup jug and cook on P10 for 30 seconds. Add flour and mix well. Cook on P10 for 20 to 30 seconds. Add milk gradually and stir well. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on P5 for a further 1 minute.

## Tomato Vegetable Casserole

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 200 g | mushrooms, sliced |
| 1 | eggplant, chopped |
| 200 g | zucchini, sliced |
| 1 | capsicum, sliced |
| 1 | onion, sliced |
| 1 can ( 410 g) | tomatoes |
| ½ cup | tomato purée |
| 1 teaspoon | mixed herbs |
| 1 teaspoon | minced garlic |

**Method:**

Place mushrooms, eggplant, zucchini, capsicum and onion in a 4-litre casserole dish. Cover. Cook on P10 for 7 to 9 minutes. Add tomatoes, tomato purée, herbs and garlic. Re-cover and cook on P10 for 7 to 9 minutes.

**HINT:**
It is better to slightly undercook vegetables as they will soften on standing. Allow to stand, covered, with plastic wrap or a lid.

## Savoury Brussels Sprouts

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | brussels sprouts |
| 2 tablespoons | butter |
| 150 g | bacon, finely chopped |
| 1 | onion, finely chopped |
| 1 teaspoon | dill or basil |
| 1 teaspoon | sugar |

**Method:**

Wash and trim brussels sprouts. Cook in covered 2-litre casserole dish on P10 for 4 to 5 minutes. Drain and set aside. Place remaining ingredients in separate 2-litre casserole dish. Cook on P10 for 3 to 5 minutes. Add brussels sprouts and cook on P10 for 1 to 2 minutes. Serve.

## Cheesy Mashed Potatoes

Serves: 4

**Ingredients:**

| | |
|---|---|
| 500 g | potatoes, peeled and diced |
| ¼ cup | water |
| ¼ cup | milk |
| ¼ cup | grated cheese |

**Method:**

Place potatoes and water in 2-litre casserole dish. Cover and cook on P10 for 5 to 10 minutes. Drain. Mash potatoes with milk and grated cheese. Mix well. Cook on P10 for 1 minute. Stir well before serving.

## Parmesan Asparagus

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 1 | bunch of asparagus spears |
| 2 tablespoons | water |
| 1 tablespoon | butter |
| 1 | clove garlic, crushed |
| 1 tablespoon | grated Parmesan cheese |

**Method:**

Place asparagus and water in 2-litre casserole dish. Cover and cook on P10 for 2 to 4 minutes. Drain. Place butter and garlic in small dish and cook on P10 for 1 minute. Add drained asparagus and mix lightly. Cook on P10 for a further 1 minute. Sprinkle Parmesan cheese over asparagus. Serve.

# Vegetable Varieties

## Honey Glazed Carrots (S)

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 500 g | carrots (approximately 4) |
| 2 tablespoons | brown sugar |
| 2 teaspoons | butter |
| 2 tablespoons | honey |

**Method:**

Peel and thinly slice carrots. Combine all ingredients in 2-litre casserole dish. Cover and cook on P10 for 6 to 8 minutes, stirring halfway through cooking. Serve.

**To cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

## Cabbage Ham and Onion

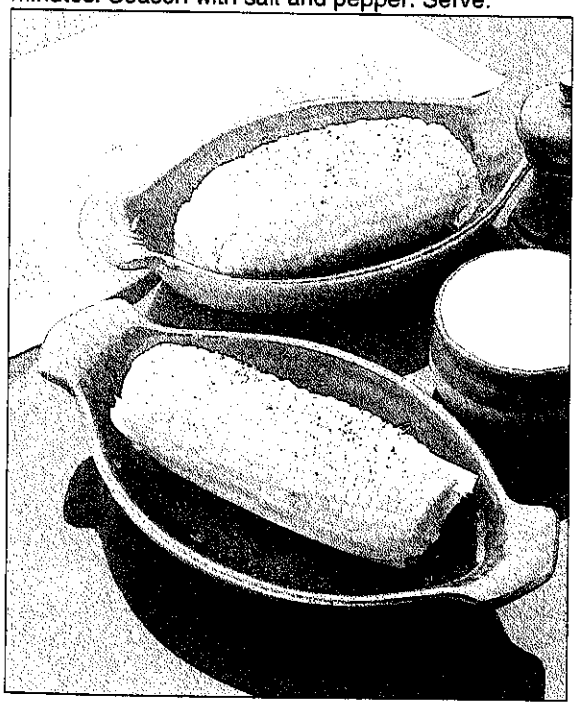
Serves: 6

**Ingredients:**

| | |
|---|---|
| 500 g | cabbage, shredded |
| 2 tablespoons | water |
| 1 | onion, finely chopped |
| 1 tablespoon | butter |
| 125 g | ham, finely chopped |
| | salt and pepper |

**Method:**

Place cabbage and water in 3-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Drain and set aside. Place onion and butter in 1-litre casserole dish and cook on P10 for 2 to 3 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on P10 for 2 to 3 minutes. Season with salt and pepper. Serve.



Corn on the Cob

## Scallop Potatoes

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 1 kg | potatoes, peeled and finely sliced |
| 2 tablespoons | water |
| 300 ml | sour cream |
| ¼ cup | milk |
| | salt and pepper |
| | paprika |
| 1 tablespoon | snipped chives |

**Method:**

Place potatoes and water in 3-litre dish. Cover. Cook on P10 for 10 to 12 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on P10 for 5 to 7 minutes.

## Stuffed Capsicums

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 cup | cooked rice |
| ½ teaspoon | mixed herbs |
| 1 small | onion, finely chopped |
| 1 cup | finely chopped ham or chicken |
| ¼ cup | cream |
| | salt and pepper to taste |
| 4 | medium sized green capsicums, remove tops and seeds |
| ½ cup | grated tasty Cheddar cheese |
| | paprika |

**Method:**

Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums. Top with grated cheese. Cook in 2-litre casserole dish, uncovered, on P10 for 5 to 7 minutes. Serve sprinkled with paprika.

## Corn on the Cob

Serves: 4

**Ingredients:**

| | |
|---|---|
| 4 | corn cobs |
| 2 tablespoons | butter |
| | salt and pepper |

**Method:**

Place corn cobs in 3-litre casserole dish and dot with butter. Cook, covered, on P10 for 10 to 12 minutes. Stand, covered, for 5 minutes. Season with salt and pepper.

# Vegetable Varieties

## Potato Casserole

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 750 g | peeled and sliced potatoes |
| 1 cup | sour cream |
| ¼ cup | milk |
| 3 | spring onions, sliced |
| 2 | bacon, rashers chopped |
| ½ cup | grated cheese |

**Method:**

Combine potatoes, sour cream and milk in 2-litre casserole dish. Cook on P10 for 15 to 18 minutes. Top with spring onions, bacon and cheese. Cook on P10 for 5 minutes.

## Sauté Mushrooms

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| 400 g | mushrooms |
| 1 | clove garlic, crushed |
| | salt and pepper |
| 2 tablespoons | chopped parsley |

**Method:**

Place butter in 2-litre casserole dish and cook on P10 for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on P10 for 3 to 4 minutes. Stir halfway through cooking.

## Herbed Vegetables (S)

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 200 g | sliced snow peas |
| 200 g | sliced carrots |
| 200 g | sliced zucchini |
| 2 tablespoons | chopped fresh parsley |

**Method:**

Place snow peas, carrots and zucchini in 2-litre casserole dish. Cover. Cook on P10 for 5 to 7 minutes, stirring once during cooking. Sprinkle with parsley. Serve.

**To cook by Sensor Cook:**

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

**HINT:**

Wrap jacket potatoes in foil after cooking. They will retain their heat for about 15 to 20 minutes.

## Stuffed Tomatoes

Serves: 2

**Ingredients:**

| | |
|---|---|
| 2 | tomatoes (large) |
| ¼ cup | fresh breadcrumbs |
| ½ cup | grated cheese |
| 4 | spring onions, finely sliced |
| 1 tablespoon | finely chopped parsley |
| | salt and pepper |
| ¼ cup | extra grated cheese |

**Method:**

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix pulp with remaining ingredients, except extra cheese. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes in 2-litre casserole dish and cook on P10 for 2 to 3 minutes. Serve.

**Tip:** To cook 4 stuffed tomatoes, cook on P10 for 6 to 8 minutes.

## Vegetable Curry

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 | onion, sliced |
| 2 tablespoons | green curry paste |
| 3 cups | sliced vegetables |
| 1 can (440 g) | chick peas, drained |
| 1 cup | coconut milk |
| 1 tablespoon | lemon juice |
| 1 tablespoon | soy sauce |
| ½ cup | chopped nuts |

**Method:**

Place onion and curry paste in 3-litre casserole dish. Cook on P10 for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on P10 for 6 to 8 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

## Zucchini and Tomatoes

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 2 tablespoons | butter |
| 500 g | zucchini, finely sliced |
| 350 g | tomatoes, finely sliced (approx. 2) |
| 2 | onions, finely sliced |
| 1 | garlic clove, crushed |
| 1 teaspoon | oregano |
| | salt and pepper to taste |

**Method:**

Place butter, zucchini, tomatoes and onions in covered 2-litre casserole dish. Cook on P10 for 3 to 4 minutes, stir halfway during cooking. Add garlic, oregano, salt and pepper. Cook on P10 1 to 2 minutes. Serve hot, or cold as a salad.

# Rice, Pasta and Cereal

## Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions. Cook on P10 for time recommended in chart. Allow to stand, covered, before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

| ITEM | CONTAINER | AMOUNT OF BOILING WATER | APPROX. TIME TO COOK GRAIN on P10 UNCOVERED (in minutes) | STANDING TIME (in minutes) |
|---|---|---|---|---|
| RICE | | | | |
| Quick Cook Brown (1 cup) | 4-litre dish | 2⅓ cups | 15 to 18 | |
| Brown (1 cup) | 4-litre dish | 3 cups | 25 to 30 | 10 |
| Long Grain (1 cup) | 3-litre dish | 2 cups | 12 to 14 | 5 |
| Short Grain (1 cup) | 3-litre dish | 2 cups | 12 to 14 | 5 |
| Jasmine (1 cup) | 3-litre dish | 2 cups | 12 to 14 | 5 |

## Directions for Cooking Pasta by Microwave

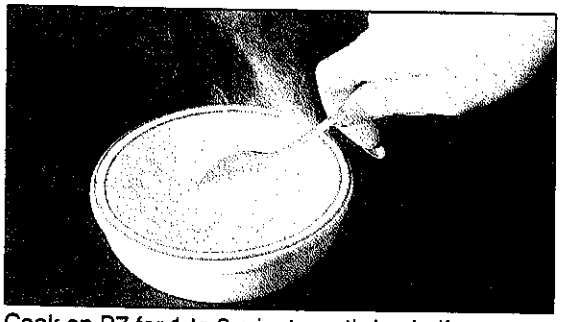
Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for time recommended in chart. Cook on P10. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

| ITEM | CONTAINER | AMOUNT OF BOILING WATER | APPROX. TIME TO COOK PASTA on P10 UNCOVERED (in minutes) | STANDING TIME (in minutes) |
|---|---|---|---|---|
| Dried Fettuccine (250 g) | 4-litre dish | 6 cups | 10 to 12 | 5 |
| Elbow Macaroni, shells, etc. (250 g) | 3-litre dish | 4 cups | 12 to 14 | 5 |
| Fresh Spaghetti, Fettuccine (375 g) | 4-litre dish | 6 cups | 6 to 8 | 5 |
| Dried Spaghetti (250 g) | 4-litre dish | 4 cups | 12 to 14 | 5 |
| Fresh Tortellini, Ravioli (250 g) | 4-litre dish | 4 cups | 7 to 9 | 5 |

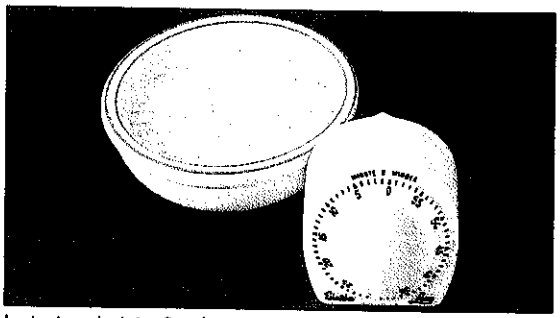
Drain pasta after standing.

## Directions for Cooking Hot Cereal by Microwave

Combine ¼ cup of quick cooking oats, pinch salt and ⅔ cups hot tap water in a breakfast bowl.



Cook on P7 for 1 to 2 minutes, stirring halfway through cooking.



Let stand, 1 to 2 minutes, before serving. Top as desired with sugar or spices.

# Rice, Pasta and Cereal

## Paella

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 500 g | mussels |
| ¼ cup | water |
| 1 | green capsicum, sliced |
| 1 | red capsicum, sliced |
| 2 | onions, sliced |
| 1 | clove garlic, crushed |
| 2 tablespoons | butter |
| 2 cups | long grain rice |
| 1 can (440 g) | peeled tomatoes, roughly chopped |
| 2 cups | hot chicken stock |
| | pinch saffron powder |
| 1½ cups | cooked diced chicken |
| 200 g | peeled green prawns |

**Method:**

Place mussels and water in 3-litre dish. Cover and cook on P7 for 3 to 5 minutes. Set aside. Place capsicum, onion, garlic and butter into 4-litre dish and cook on P10 for 4 to 5 minutes. Add rice and stir well. Cook on P10 for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on P10 for 16 to 18 minutes. Stir in chicken, prawns and mussels. Cook on P7 for 4 to 6 minutes. Stand for 10 minutes before serving.

## Bacon and Onion Fettuccine

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | fettuccine |
| 5 cups | boiling water |
| 1 | onion, finely chopped |
| 1 | clove garlic, crushed |
| 3 | rashers bacon, rind removed and bacon chopped |
| ¼ cup | cream |
| 1 tablespoon | grated Parmesan cheese |
| 2 tablespoons | finely chopped parsley |
| ½ teaspoon | freshly ground black pepper |
| 1 tablespoon | extra Parmesan cheese |

**Method:**

Place fettuccine and water in 3-litre casserole dish. Cook on P10 for 10 to 12 minutes. Stand, covered, for 2 minutes. Drain. Place onion, garlic and bacon in 2-litre dish and cook on P10 for 5 minutes. Add cream, Parmesan cheese, parsley, drained fettuccine and seasoning. Cook on P10 for 2 minutes. Serve sprinkled with extra Parmesan cheese.

## Stir Fried Rice

Serves: 4

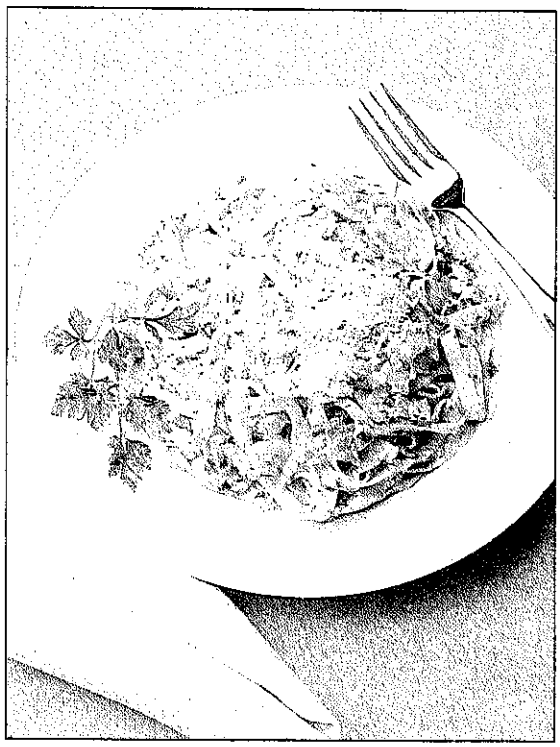
**Ingredients:**

| | |
|---|---|
| 1 tablespoon | vegetable oil |
| 1 | clove garlic, crushed |
| 1 cm | piece of green ginger, finely chopped |
| 1 | small carrot, finely chopped |
| 1 | stick celery, sliced |
| ½ | green or red capsicum, cut in strips |
| 6 to 8 | medium mushrooms, sliced |
| 4 | spring onions, chopped |
| 2 | eggs |
| | black pepper |
| 1 | small can prawns (optional) |
| 1-2 tablespoons | soy sauce |
| 2 cups | cooked rice |

**Method:**

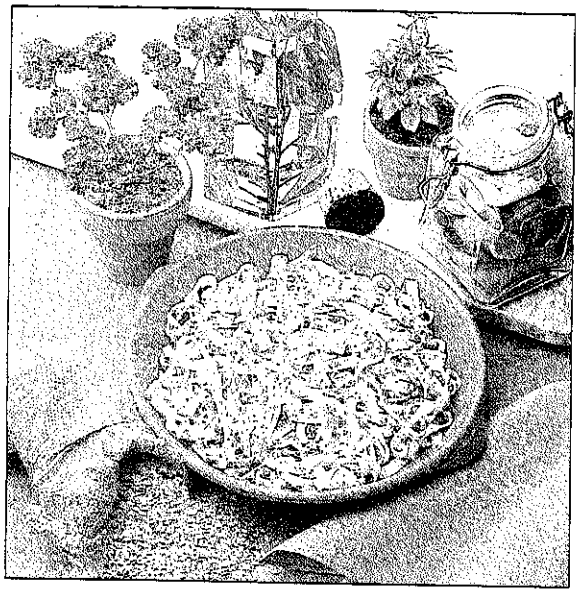
Place oil, garlic and ginger in large shallow dish and cook on P10 for 1 to 2 minutes. Add carrot, celery and capsicum. Cook a further 3 minutes on P10. Break eggs into small dish, add pepper to taste, mix well and cook on P7 for 1½ to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on P10 for 3 to 5 minutes to heat thoroughly. Serve.

**Note:** 1 cup uncooked rice will yield 2 cups cooked rice.



Bacon and Onion Fettuccine

# Rice, Pasta and Cereal



Pesto and Egg noodles

## Pasta Salad

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | pasta shapes, i.e., shells, twists |
| 1 teaspoon | salt |
| 4 cups | boiling water |
| 1 tablespoon | oil |
| 45 g | butter |
| 120 g | mushrooms, sliced |
| 4 | spring onions, finely chopped |
| 1 each | small red capsicum, small green capsicum, deseeded and cut in julienne strips |
| ¼ cup | salad oil |
| 3 tablespoons | malt vinegar |
| 1 tablespoon | tomato paste |
| 1 teaspoon | poppy seeds |
| 2 teaspoons | mixed dried herbs |
| | cracked (ground) pepper to taste |

**Method:**

Place pasta, salt, water and oil in large bowl. Cook on P10 for 12 to 14 minutes. Let stand, covered, for 5 minutes. Drain. Leave to thoroughly cool. Place butter in bowl and cook on P10 for 30 to 40 seconds to melt. Add mushrooms and cook on P10 for 1½ to 2 minutes. Drain and leave to cool. When pasta and mushrooms are thoroughly cold, place in large bowl with spring onions and capsicum. Put salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture. Stir until all the ingredients are coated with dressing. Chill before serving.

## Creamy Bacon Sauce

Makes: Approximately 300 ml

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 3 | bacon rashers, chopped |
| 1 teaspoon | minced garlic |
| 300 ml | cream |
| ¼ cup | Parmesan cheese |
| | pepper |
| 2 tablespoons | chopped fresh parsley |
| ¼ cup | chicken stock |

**Method:**

Place onion, bacon and garlic in 2-litre casserole dish. Cook on P10 for 4 to 5 minutes. Add cream, Parmesan cheese, pepper, parsley and stock. Mix well. Cook on P10 for 3 to 4 minutes.

## Pesto and Egg Noodles

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 6 cups | boiling water |
| 250 g | packet egg noodles |
| 2 | cloves garlic, crushed |
| ½ cup | chopped fresh basil leaves |
| 1 tablespoon | pinenuts, finely chopped |
| ½ cup | grated Parmesan cheese |
| 1 cup | olive oil |
| | salt and black pepper |

**Method:**

Place water in 3-litre casserole dish. Add egg noodles. Cook on P10 for 14 to 16 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

**Tip:** Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

## Seasoned Rice

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 1 cup | long grain rice |
| 1 teaspoon | thyme |
| 2½ cups | chicken stock |
| ¼ cup | toasted slivered almonds |

**Method:**

Place onion, rice, thyme and chicken stock in 3-litre casserole dish. Cook on P10 for 14 minutes. Stir, cover, and let stand for 10 minutes. Stir through slivered almonds and serve hot.

# Rice, Pasta and Cereal

## Chicken and Mushroom Tagliatelle

Serves: 6

**Ingredients:**

| | |
|---|---|
| 6 cups | boiling water |
| 250 g | tagliatelle |
| 30 g | butter |
| 1 | onion, chopped |
| 1 | clove garlic, crushed |
| 2 tablespoons | flour |
| ½ teaspoon | mustard |
| 1 cup | milk |
| ½ cup | cream |
| 1½ cups | diced cooked chicken |
| ½ cup | grated cheese |
| 1½ cups | sliced mushrooms |
| 2 tablespoons | Parmesan cheese |
| 2 tablespoons | chopped parsley |

**Method:**

Place water and pasta in 4-litre casserole dish. Stir and cook on P10 for 12 to 15 minutes.Allow pasta to stand, covered, while preparing sauce, then drain well. Place butter, onion and garlic in 3-litre dish and cook on P10 for 2 to 3 minutes. Add flour and mustard. Mix well. Cook on P10 for 1 to 1½ minutes. Add milk and cream. Stir. Cook on P6 for 4 to 5 minutes, stirring halfway through cooking. Add chicken, mushrooms, cheeses, parsley, and drained pasta. Mix well. Cook on P6 for a further 5 minutes. Serve.

## Vegetable Tortellini

Serves: 3 to 4

**Ingredients:**

| | |
|---|---|
| 700 g | fresh tortellini |
| 8 cups | boiling water |

**Sauce:**

| | |
|---|---|
| 2 tablespoons | butter |
| 2 tablespoons | flour |
| 2 cups | milk |
| 1 cup | grated tasty cheese |
| 1 | red capsicum, finely sliced |
| 200 g | snow peas, finely sliced |
| 1 teaspoon | dried marjoram |
| 1 teaspoon | cracked black pepper |
| 2 tablespoons | Parmesan cheese |
| 2 tablespoons | chopped parsley |

**Method:**

Place pasta and water in 5-litre casserole dish. Cover. Cook on P10 for 12 to14 minutes. While pasta is cooking, prepare all ingredients for sauce. When pasta is cooked, allow to stand covered. Drain well. Place butter and flour in 3-litre casserole dish and cook on P10 for 30 to 40 seconds. Slowly blend in milk. Cook for a further 3 to 4 minutes. Stir once during cooking. Add prepared vegetables, marjoram, pepper and cheese. Cook on P10 for 2 minutes. Drain pasta and mix through sauce. Serve topped with Parmesan cheese and chopped parsley.

## Fragrant Coconut Rice

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 | onion, chopped |
| 2 cups | long grain rice |
| 500 ml | chicken stock |
| 300 ml | coconut milk |
| 1 teaspoon | turmeric |

**Method:**

Place all ingredients in 3-litre casserole dish. Stir. Cook on P10 for 16 to 18 minutes. Cover and let stand 10 minutes before serving.

## Spaghetti with Chilli Tomato Sauce

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | spaghetti |
| 4 cups | boiling water |
| 1 tablespoon | olive oil |
| 1 | onion, finely chopped |
| 2 | cloves garlic, crushed |
| 1 can (425 g) | crushed tomatoes |
| 2 teaspoons | crushed chillies |
| 2 teaspoons | mixed dried herbs |
| | cracked (ground) black pepper |

**Method:**

Place spaghetti and water in 3-litre casserole dish. Cook on P10 for 12 to 14 minutes. Stand, covered, for 2 minutes. Drain. Place oil, onion and garlic in 4-cup jug. Cook on P10 for 1 to 2 minutes. Add tomatoes, chillies, herbs and pepper. Stir until combined. Cover and cook on P7 for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

## Creamy Tuna Penne

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | Penne |
| 4 cups | boiling water |
| 1 | medium onion, diced |
| 2 cups | mixed sliced vegetables |
| 1 can (240 g) | tuna, reserve liquid |
| 2 tablespoons | Parmesan cheese |
| 1 tablespoon | dried thyme |
| 1 tablespoon | lemon juice |
| ½ cup | sour cream |
| | cracked black pepper |

**Method:**

Place Penne and water in large casserole dish. Cook on P10 for 10 to 14 minutes. Stand, covered, for 2 minutes. Drain. Place onion in 4-cup jug. Cook on P10 for 50 to 60 seconds. Add mixed vegetables. Cook on P10 for 2 to 3 minutes. Stir in tuna and liquid, add remaining ingredients and stir until combined. Cook on P7 for 2 to 3 minutes. Place pasta in a serving bowl and pour over sauce to serve.

# Cakes, Desserts and Slices

## Butterscotch Pudding

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 can (400 g) | sweetened condensed milk |
| 30 g | butter |
| 1 teaspoon | vanilla essence |
| ½ cup | milk |
| ¾ cup | self raising flour, sifted |
| 1 cup | brown sugar |
| ½ cup | hot tap water |

**Method:**

Place condensed milk in 1-litre casserole dish. Cook on P6 for 5 to 6 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk. Stir until butter is melted. Cool slightly. Add milk mixture to sifted flour. Mix well. Pour mixture into 2-litre casserole dish. Sprinkle top with brown sugar and gently pour hot tap water over mixture. Cook on P10 for 4 to 6 minutes.

## Chocolate Self Saucing Pudding

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 cup | self raising flour |
| 1 tablespoon | cocoa powder |
| ⅓ cup | caster sugar |
| ½ cup | milk |
| 1 teaspoon | vanilla essence |
| 100 g | chocolate |
| 30 g | butter |
| ¾ cup | brown sugar |
| 2 tablespoons | cocoa, extra |
| ¾ cup | water |

**Method:**

Sift flour and cocoa into 2-litre bowl. Add sugar, milk and vanilla essence. Mix well. Place chocolate and butter in 2-cup pyrex jug and cook on P7 for 1 to 2 minutes. Stir and add to mixture. Mix well. Spread mixture into base of 2-litre casserole dish. Combine brown sugar, cocoa and water in 2-cup jug. Pour evenly over pudding. Cook on P10 for 4 to 6 minutes.

**HINT:**
TO MELT CHOCOLATE:
Place 100 g broken chocolate in 4-cup glass jug and heat on P5 for 1 to 2 minutes. As chocolate holds its shape after heating, stir and stand before adding extra cooking time.

## Pear Custard

Serves: 6

**Ingredients:**

| | |
|---|---|
| 825 g | pear halves, drained |
| 2 tablespoons | plain flour |
| ⅓ cup | caster sugar |
| 3 | eggs |
| 1 teaspoon | vanilla essence |
| 1 cup | milk |
| 1 teaspoon | cinnamon |

**Method:**

Grease 20 cm pyrex dish. Place pear halves in dish. Set aside. Place flour, sugar, eggs and vanilla essence in bowl. Beat until combined. Beat in milk and pour mixture over pears. Sprinkle with cinnamon. Cover dish with plastic wrap and cook on P10 power for 7 to 9 minutes.

## Chocolate Mousse

Serves: 4

**Ingredients:**

| | |
|---|---|
| 125 g | dark chocolate |
| 1 tablespoon | brandy |
| 2 | eggs, separated |
| 300 ml | cream, whipped |

**Method:**

Break chocolate into small pieces. Place in a microwave safe bowl and cook on P7 for 1 to 1½ minutes. Add brandy and egg yolks. Beat until smooth. Fold cream into chocolate mixture. Beat egg whites until stiff peaks form. Gently fold into chocolate mixture and spoon into one large or 4 individual serving dishes. Refrigerate until set.

## Chocolate Brownies

Serves: 1 x 20 cm square slice pan

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 200 g | chocolate |
| 1 cup | caster sugar |
| 1 teaspoon | vanilla essence |
| 3 | eggs |
| 1 cup | plain flour |

**Method:**

Grease and line 20 cm square pyrex dish. Melt butter and chocolate in 2-litre dish on P7 for 2 minute. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on P7 for 7 to 8 minutes. Refrigerate until cold. Cut into squares.

# Cakes, Desserts and Slices

## Quick Mix Chocolate Cake

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 cup | self-raising flour |
| 1 cup | caster sugar |
| 2 tablespoons | cocoa |
| 3 tablespoons | butter, softened |
| 2 | eggs |
| ⅓ cup | milk |

**Method:**

Sift all dry ingredients into a bowl. Add butter, eggs and milk. Beat with wire whisk for 1 to 2 minutes. Grease 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on P7 for 5 to 7 minutes. Stand, covered, for 5 minutes before turning out. Cool on wire rack.

**Tip:** To soften butter cook on P5 for 10 to 20 seconds.

## Sultana Cake

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 100 g | butter |
| 1 cup | sultanas |
| 1 cup | brown sugar |
| 1 cup | milk |
| 1 | egg, beaten |
| 2 cups | self-raising flour |

**Method:**

Place butter, sultanas, brown sugar and milk in heat resistant mixing bowl. Cook on P10 for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg and flour. Pour batter into base of lined 20 cm round dish. Cook on P6 for 9 to 11 minutes. Let cool, loosely covered, with plastic wrap on wire rack.

## Banana Loaf

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 90 g | butter |
| ¾ cup | brown sugar |
| 1 | egg |
| 2 | ripe bananas, mashed well |
| ¾ cup | grated carrot |
| 1½ cups | self-raising flour |
| ⅓ cup | milk |

**Method:**

Cream butter and sugar until light and fluffy. Add egg and beat well. Add banana and carrot. Add sifted flour and milk to mixture alternately. Mix until well combined. Grease and line with paper towel, a 20 cm x 10 cm loaf dish. Pour batter into dish and cook on P6 for 15 to 18 minutes. Stand, covered, with plastic wrap on wire rack to cool.

**Tip:** To prevent corners from overcooking, cover ends carefully with foil.

## Mocha Carrot Cake

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 cup | self-raising flour |
| ½ teaspoon | bicarbonate of soda |
| ½ cup | caster sugar |
| ½ cup | crushed pineapple |
| 1 cup | grated carrot |
| ¾ cup | chopped pecan nuts |
| 60 g | chocolate |
| 2 | eggs |
| ⅓ cup | oil |

**Icing**

| | |
|---|---|
| 60 g | cream cheese |
| 20 g | butter |
| 1½ cups | icing sugar |
| 1 tablespoon | lemon juice |
| ¼ cup | chopped pecan nuts |

**Method:**

Place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts in bowl. Place chocolate into a small bowl and cook on P7 for 40 to 60 seconds. Stir halfway through. Add melted chocolate, eggs and oil to flour mixture. Mix until well combined. Grease a microwave safe ring dish and cook on P7 for 6 to 8 minutes. Let stand, covered, for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

## Boiled Fruit Cake

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 1 can (435 g) | crushed pineapple and juice |
| 500 g | mixed dried fruit |
| 1 tablespoon | sherry |
| 1 cup | brown sugar |
| 125 g | butter |
| 1 cup | plain flour |
| 1 cup | self-raising flour |
| 1 teaspoon | mixed spice |
| 1 teaspoon | baking soda |
| 2 | eggs, lightly beaten |
| ¼ cup | extra sherry or brandy |

**Method:**

Combine pineapple, fruit, sherry, sugar and butter in 2-litre casserole dish. Cook on P10 for 4 to 6 minutes. Stand until cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm souffle dish. Cook on P6 for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

# Cakes, Desserts and Slices

## Apricot and Raspberry Crisp

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 can (850 g) | apricots, drained |
| 400 g | frozen raspberries |
| 1 cup | plain flour |
| ½ cup | brown sugar |
| 1 teaspoon | cinnamon |
| 1 cup | pecans, chopped |
| 1 cup | shredded coconut |
| 2 cups | toasted muesli |
| 125 g | butter |

**Method:**

Place apricots and raspberries in the base of 2-litre casserole dish. Place remaining ingredients (except butter) in a mixing bowl. Melt butter in 2-cup jug on P10 for 40 to 50 seconds. Combine melted butter with dry ingredients and mix well. Crumble mixture over top of fruit. Cook on P10 for 10 to 12 minutes.

## Lemon Pineapple Cheesecake

Serves: 6 to 8

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 180 g | sweet plain biscuits, crushed |
| 250 g | cream cheese, softened |
| ⅓ cup | sugar |
| 1 | lemon (juice and rind) |
| 2 | eggs |
| ⅓ cup | flour |
| 1 can (450 g) | crushed pineapple, drained |

**Method:**

Place butter in 1-litre dish. Cook on P10 for 1 minute. Add biscuit crumbs. Mix well. Press mixture into 23 cm pie plate. Refrigerate while making filling. Place cream cheese into mixing bowl. Add sugar. Mix well. Add juice and rind of lemon, eggs and flour. Mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on P3 for 10 to 12 minutes. Refrigerate several hours before serving.

**HINT:**

TO BLANCH NUTS:

Place 1-cup of nuts in pie plate. Cover with hot tap water and heat on P10 for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.

## Apple Crumble

Serves: 4

**Ingredients:**

| | |
|---|---|
| 1 can (425 g) | pie apples |
| ½ cup | rolled oats |
| ¼ cup | plain flour |
| ½ cup | desiccated coconut |
| ½ cup | brown sugar |
| 1 teaspoon | cinnamon |
| 60 g | butter |

**Method:**

Place apples in the base of 1-litre casserole dish. Place remaining ingredients (except butter) in mixing bowl. Melt butter in 2-cup jug on P10 for 40 to 50 seconds. Combine melted butter with dry ingredients and mix well. Spread evenly over apples. Cook on P10 for 5 to 8 minutes.

## Peach Crumble

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 1 cup | flour |
| ½ cup | caster sugar |
| 2 cups | toasted muesli |
| 1 cup | shredded coconut |
| 1 teaspoon | cinnamon |
| 2 cans (810 g) | peach slices, drained |

**Method:**

Place butter in 2-litre jug. Cook on P7 for 40 to 50 seconds. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into 1-litre casserole dish. Place crumble mixture on top of peaches and cook on P10 for 8 to 10 minutes. Serve with cream or ice cream.

## Peach Cobbler

Serves: 4 to 6

**Ingredients:**

| | |
|---|---|
| 1 can (810 g) | sliced peaches |
| 1 | packet butter cake mix |
| ½ cup | toasted coconut |
| 70 g | butter, melted |

**Method:**

Arrange peaches on the base of 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over peaches. Cook on P10 for 6 to 8 minutes.

# Cakes, Desserts and Slices

## Pears with Caramel Sauce

Serves: 6 to 8

**Ingredients:**

**Filling:**

| | |
|---|---|
| ½ cup | dried apricots |
| ¼ cup | currants |
| ¼ cup | slivered almonds |
| 1 tablespoon | brown sugar |
| 2 tablespoons | peanut butter |

**Sauce:**

| | |
|---|---|
| 2 tablespoons | butter |
| ⅓ cup | brown sugar |
| 125 ml | cream |
| 3 teaspoons | cornflour |
| 1 tablespoon | water |
| 4 | pears |
| | juice of ½ lemon |

**Method:**

Place all filling ingredients into small bowl and mix well. Place butter and brown sugar into large jug and cook on P7 for 2 minutes. Beat in cream. Combine cornflour and water. Stir into sauce. Cook on P7 for 3 minutes, stir halfway through. Peel and cut pears in half, remove cores and brush with lemon juice. Place pears into large flat dish. Divide filling mixture evenly and spread over pears. Pour sauce over and cook on P7 for 3 to 5 minutes.

## Butterscotch Custard and Fruit

Serves: 6

**Ingredients:**

| | |
|---|---|
| 400 g | apples, peeled, cored and sliced |
| ½ cup | chopped dried apricots |
| ½ teaspoon | cinnamon |

**Custard:**

| | |
|---|---|
| ½ cup | brown sugar |
| 2 tablespoons | custard powder |
| 1 cup | milk |
| 2 tablespoons | butter |
| 1 | egg, lightly beaten |
| 2 tablespoons | toasted slivered almonds |

**Method:**

Combine fruit and cinnamon. Place into 6 individual ramekin dishes. Set aside. Combine sugar and custard powder. Gradually stir in milk and cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Add butter and egg, beat until smooth. Pour equal amounts of custard over fruit and sprinkle with almonds. Cook on P10 for 4 to 6 minutes.

## Baked Apples

Serves: 4

**Ingredients:**

| | |
|---|---|
| 4 | large cooking apples |
| 3 tablespoons | butter |
| 4 tablespoons | brown sugar |
| 100 g | chopped raisins |
| 2 tablespoons | chopped pecans |
| 4 tablespoons | golden syrup |

**Method:**

Core and score the skin around the middle of apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of apples with stuffing. Place into shallow casserole dish. Pour one tablespoon of golden syrup over each apple. Cook on P10 for 8 to 10 minutes or until soft. Let stand, 2 to 3 minutes, before serving.

## Cinnamon Poached Pears

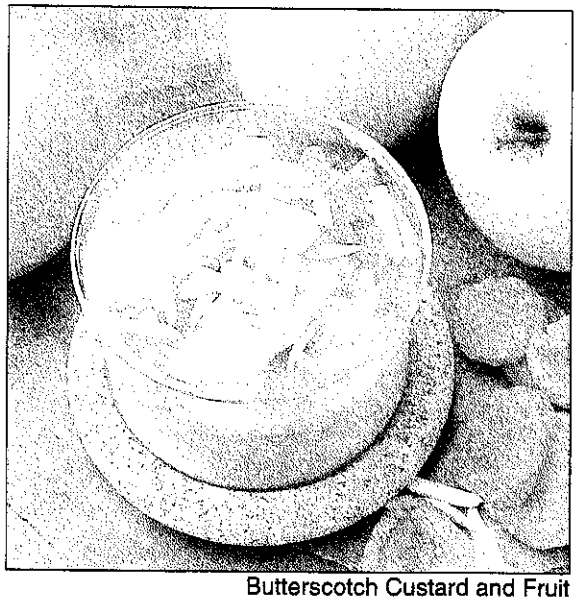
Serves: 4

**Ingredients:**

| | |
|---|---|
| ½ cup | water |
| ¼ cup | caster sugar |
| ½ teaspoon | cinnamon |
| 4 | pears, peeled and sliced |

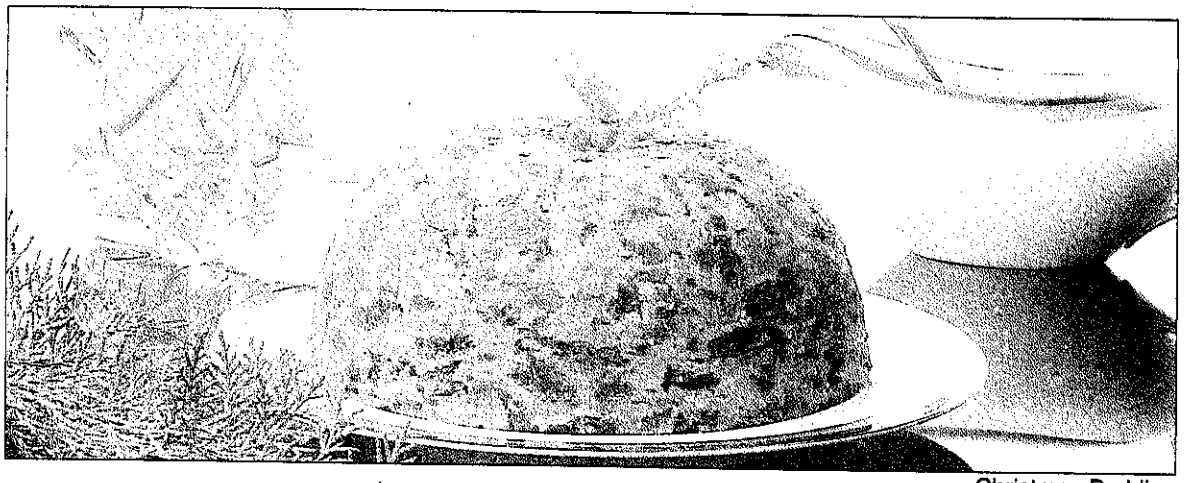
**Method:**

Combine water, caster sugar and cinnamon in 1-litre jug. Cook on P10 for 2 minutes. Place the pears in 2-litre dish. Pour over syrup and cover. Cook on P10 for 6 to 7 minutes.



Butterscotch Custard and Fruit

# Cakes, Desserts and Slices



Christmas Pudding

## Christmas Pudding

Serves: 10 to 12

**Ingredients:**

| | |
|---|---|
| 250 g | sultanas |
| 250 g | raisins, chopped |
| 125 g | currants |
| 125 g | dates, chopped |
| 100 g | mixed glacé fruit, chopped |
| 100 g | glacé cherries |
| 60 g | mixed peel |

**Cake Batter:**

| | |
|---|---|
| ½ cup | brandy |
| 250 g | butter |
| 250 g | brown sugar |
| 4 | eggs |
| 1 cup | flour, sifted |
| ½ teaspoon | ground ginger |
| ½ teaspoon | nutmeg |
| ½ teaspoon | cinnamon |
| ½ teaspoon | allspice |
| 1 tablespoon | golden syrup |
| 1 tablespoon | almond essence |
| 1½ cups | fresh breadcrumbs |
| 1 cup | canned apples |

**Method:**

Place all fruit in large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in large mixing bowl until light and fluffy. Add eggs (one at a time), beating gently after each addition. Add sifted flour, spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into bowl and smooth over top. Cook on P3 for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on P3 for 30 minutes. Let stand, loosely covered, for 10 minutes before serving.

## Steamed Jam Pudding

Serves: 4

**Ingredients:**

| | |
|---|---|
| 2 tablespoons | jam |
| 100 g | butter |
| ⅔ cup | caster sugar |
| 2 | eggs |
| ¾ cup | self raising flour |
| ¼ cup | milk |

**Method:**

Spoon jam into bottom of 2-litre pyrex dish. Cream butter and sugar in separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and cook on P10 for 5 to 6 minutes. Let stand, covered, for 5 minutes before serving.

## Chocolate Pâté

Makes 24 x 8 cm loaf tin

**Ingredients:**

| | |
|---|---|
| 300 g | dark chocolate |
| 1 can (400 g) | condensed milk |
| 1cup | brazil nuts |
| ½ cup | hazel nuts |
| ⅓ cup | glace cherries |
| ½ cup | sultanas |

**Method:**

Break chocolate into pieces and place with condenced milk in a 2-litre dish. Cook on P7 for 3 to 5 minutes, stirring twice during cooking. Fold through nuts and fruits. Line a 24 x 8 cm loaf tin with foil and pour in the mixture. Chill for several hours or until set. Turn out and serve thinly sliced.

# Cakes, Desserts and Slices

## Apricot Honey Slice

Makes: 1 x 18 x 28 cm Dish

**Ingredients:**

| | |
|---|---|
| 185 g | butter |
| 2 tablespoons | honey |
| 250 g | crushed honey snap biscuits |
| ½ cup | chopped pecans |
| ½ cup | coconut |
| 1 cup | chopped dried apricots |

**Method:**

Grease and line 18 x 28 cm dish. Place butter and honey in 2-litre dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients. Stir until combined. Spread evenly into prepared dish. Refrigerate and cut into squares when cool.

## American Chocolate Slice

Makes: 12 large squares

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 1 cup | flour |
| ¾ cup | coconut |
| ¼ cup | sugar |
| 1 tablespoon | cocoa |
| 1 teaspoon | bicarbonate of soda |

**Topping:**

| | |
|---|---|
| 30 g | butter |
| 1 cup | icing sugar |
| 1 cup | coconut |
| 1 tablespoon | cocoa |
| 1½ tablespoons | water |

**Method:**

Grease 20 cm square dish. Place butter in mixing bowl and cook on P10 for 1 minute. Add flour, coconut, sugar, cocoa and bicarbonate of soda. Mix well. Spread into prepared dish. Cook on P6 for 5 to 7 minutes.

**Topping:**

Cream butter and icing sugar until light and fluffy. Add coconut and cocoa. Add water and mix well. Spread over base whilst still warm and cut into squares. Cool.

**Note:** The topping is of a firm consistency.

**HINT:**
TO SOFTEN DRIED FRUIT:
Place 1 cup dried fruit into small bowl. Add 2 tablespoons of water. Cover with plastic wrap and cook on P10 for 2 to 3 minutes.

## Rocky Road

Makes: 1 x 20 cm square slice

**Ingredients:**

| | |
|---|---|
| 250 g | dark or milk chocolate |
| 40 g | butter |
| 250 g | packet marshmallows, halved |
| 1 cup | unsalted peanuts |
| 1½ cups | flaked coconut |
| 60 g | glacé cherries, halved |

**Method:**

Melt chocolate and butter in large bowl on P6 for 2 to 3 minutes. Add remaining ingredients and mix well. Pour into greased 20 cm square pan. Refrigerate until set. Cut or break into pieces to serve.

## Muesli Slice

Makes: 20 squares

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| ½ cup | brown sugar |
| 3 tablespoons | honey |
| 2 cups | natural muesli |
| ½ cup | sultanas |
| 1 cup | coconut |
| 50 g | dark cooking chocolate, melted |

**Method:**

Combine butter, sugar and honey in 2-litre dish. Cook on P10 for 1 to 2 minutes. Add muesli, sultanas and coconut. Mix well. Press into a 18 x 28 cm flat dish. Cook on P7 for 4 to 6 minutes. Mark into squares and cool in dish. When cool, drizzle with melted chocolate.

## Date and Walnut Fudge

Makes: 25 slices

**Ingredients:**

| | |
|---|---|
| 250 g | sweet biscuits, crushed |
| 50 g | walnuts, chopped |
| 100 g | dates, chopped |
| 2 teaspoons | cocoa |
| 2 teaspoons | coffee powder |
| 175 g | dark chocolate, broken into pieces |
| 1 can (400 g) | condensed milk |
| 1 teaspoon | vanilla essence |

**Method:**

Grease and line 20 cm square dish. Mix biscuit crumbs, walnuts and dates in bowl. Place remaining ingredients in separate bowl and cook on P7 for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

# Cakes, Desserts and Slices

## Shortbread Biscuits

Makes: 24 biscuits

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 4 tablespoons | icing sugar |
| 60 g | self-raising flour |
| 60 g | plain flour |
| 60 g | cornflour |
| 1 tablespoon | milk |

**Method:**

Cream butter and icing sugar until light and fluffy. Add flours and milk to mixture. Mix until well combined. Pinch off small amounts of mixture and roll into balls. Place approximately 8 balls at a time onto dinner plate in circular pattern. Flatten slightly. Cook on P7 for 1¾ to 2 minutes. Allow to cool slightly before removing. Cool completely on a wire rack.

## Pie Crust

Makes: 1 x 20 cm pie shell

**Ingredients:**

| | |
|---|---|
| 2 cups | plain flour |
| 125 g | butter, cut into pieces |
| 2 | eggs, lightly beaten |

**Method:**

Sift flour into bowl, add butter and rub in until mixture resembles fine breadcrumbs. Make a well in the centre, add eggs, cutting through with a bread and butter knife, lightly knead. Roll out pastry to fit 20 cm pie plate. Line pie plate with pastry and prick several times with fork. Weight the pastry with dry rice or similar to hold it flat whilst cooking. Cook on P6 for 6 to 8 minutes, elevated on small rack. Use as required.

Oatmeal Cookies

## Chocolate Fudge

Makes: 1 x 20 cm square slice

**Ingredients:**

| | |
|---|---|
| 300 g | chocolate pieces |
| 1 can (400 g) | condensed milk |
| 1 cup | chopped peanuts |

**Method:**

Grease 20 cm square dish. Place chocolate and condensed milk in 2-litre jug. Cook on P7 for 2 minutes. Stir. Cook on P5 for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into squares when cold.

## Chocolate and Coffee Truffles

Makes: approximately 24

**Ingredients:**

| | |
|---|---|
| 1 cup | icing sugar |
| 4 tablespoons | cocoa |
| 1 tablespoon | instant coffee powder |
| 60 g | plain sweet biscuits, crushed |
| 60 g | butter |
| 1 teaspoon | vanilla essence |
| ½ cup | condensed milk |
| | chocolate sprinkles |

**Method:**

Sift icing sugar, cocoa and coffee into bowl. Add biscuits. Mix until well combined. Place butter in small bowl and cook on P10 for 1½ to 2minutes. Cool butter slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk. Combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

## Oatmeal Cookies

Makes: approximately 48 cookies

**Ingredients:**

| | |
|---|---|
| 125 g | butter |
| 1 cup | brown sugar |
| 1 | egg |
| ½ teaspoon | cinnamon |
| 1 teaspoon | baking powder |
| ¾ cup | plain flour |
| 1½ cups | rolled oats |

**Method:**

Cream butter and sugar until light and fluffy. Add egg and mix well. Fold in remaining ingredients and mix well. Place teaspoon of mixture onto large greased heatproof dinner plate (approximately 6 at a time). Cook on P7 for 1¼ to 1½ minutes. Allow to cool slightly on plate before removing. Cool completely on wire rack. Repeat above procedure until all mixture is used.

# Micro-made Extras

## Strawberry Liqueur

Makes: 750 ml

**Ingredients:**

| | |
|---|---|
| 500 g | sugar |
| 500 g | washed and hulled strawberries |
| 600 ml | brandy or whisky |

**Method:**

Place sugar and strawberries in 4-litre dish. Stir well. Cook on P10 for 15 minutes. Halfway through cooking, stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

## Coffee Liqueur

Makes: 750 ml

**Ingredients:**

| | |
|---|---|
| 1½ cups | hot tap water |
| 2 cups | sugar |
| ⅓ cup | freeze dried coffee |
| 3 teaspoons | vanilla essence |
| 2 cups | vodka |

**Method:**

Pour water into 4-litre casserole dish. Add remaining ingredients (except vodka) and stir well. Cook on P6 for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand 4 days before serving. Serve in liqueur glasses.

## Irish Coffee

Makes 1

**Ingredients:**

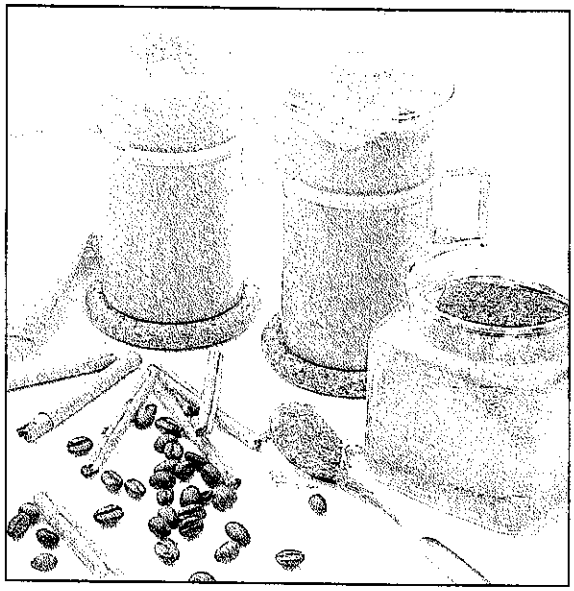
| | |
|---|---|
| ¾ cup | ready made coffee |
| 1 | nip whisky |
| | whipped cream |

**Method:**

Place coffee and whisky in cup. Heat on P10 for 1½ to 2 minutes, until nearly boiling. Pipe whipped cream on top and serve.

**Note:** 2 cups will take approximately 3 minutes to heat.

**HINT:**
STEAMED HAND TOWELS:
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on plate. Heat on P10 for 1 to 2 minutes.



Spicy Chocolate Drink

## Spicy Chocolate Drink

Serves: 2

**Ingredients:**

| | |
|---|---|
| 2 teaspoons | coffee powder |
| 2 teaspoons | drinking chocolate |
| ½ teaspoon | cinnamon |
| 2 teaspoons | sugar |
| 2 cups | milk |

**Method:**

Blend coffee, drinking chocolate, cinnamon and sugar in 4-cup heatproof jug. Gradually stir in milk. Cook on P6 for 6 minutes. Pour into coffee mugs. Decorate with whipped cream or marshmallows, if desired.

## Peppermint Cooler

Serves: 4

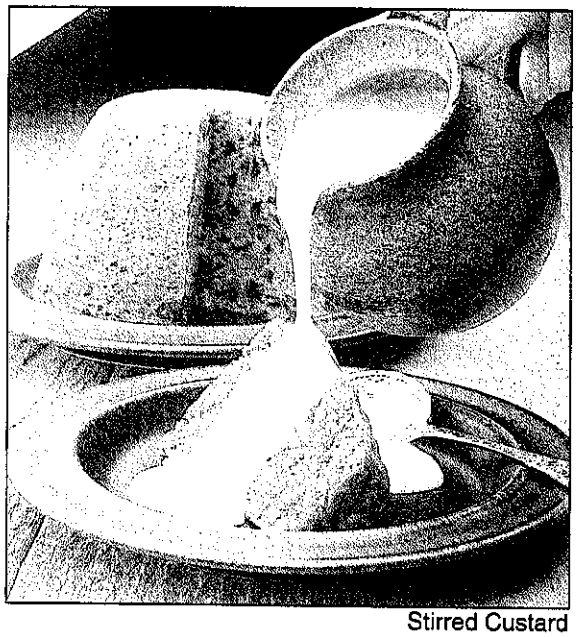
**Ingredients:**

| | |
|---|---|
| 3 | peppermint tea bags |
| 4 cups | cold water |
| | juice of ½ lemon |
| | ice blocks |
| 4 slices | lemon or lime |
| | mint leaves to garnish |

**Method:**

Place tea bags and water in large jug. Cook on P10 for 10 to 12 minutes. Stand for 2 to 3 minutes, then discard tea bags. Cool. Add lemon juice. Refrigerate until well chilled. Serve in long glasses with ice blocks. Garnish with lemon or lime slices and mint leaves.

# Micro-made Extras



Stirred Custard

## Lemon Butter

Makes: 1 cup (250 ml)

**Ingredients:**

| | |
|---|---|
| ½ cup | lemon juice |
| 1 tablespoon | lemon rind |
| ⅓ cup | sugar |
| 3 | egg yolks |
| 1 tablespoon | butter |
| 1 tablespoon | cornflour |

**Method:**

Blend all ingredients in 4-cup glass jug. Cook on P6 for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

## Tomato Chutney

Makes: 3 cups (750 ml)

**Ingredients:**

| | |
|---|---|
| 250 g | onion, finely chopped |
| 1.5 kg | ripe tomato, skins removed and chopped |
| 1 teaspoon | salt |
| 1 teaspoon | paprika |
| | pinch cayenne pepper |
| 150 ml | malt vinegar |
| 175 g | sugar |

**Method:**

Place onions in 3-litre dish. Cover. Cook on P10 for 4 to 5 minutes. Add tomatoes. Cover. Cook on P10 for 5 to 6 minutes. Add salt, spices and vinegar. Stir well. Cook on P10 for 10 minutes, stirring halfway through. Add sugar, stir well and cook on P7 for 35 to 40 minutes. Stirring occasionally. Pour into sterilised jars and seal.

## Stirred Custard

Makes: Approximately 400 ml

**Ingredients:**

| | |
|---|---|
| 3 tablespoons | sugar |
| 2 tablespoons | custard powder |
| 1½ cups | milk |
| 2 | egg yolks, lightly beaten |
| 1 teaspoon | vanilla essence |

**Method:**

Combine sugar and custard powder in 4-cup jug. Gradually stir in milk until smooth. Cook on P6 for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on P6 for further 30 to 60 seconds. Add vanilla, stir well and serve.

## Fruit Mince

Serves: 4

**Ingredients:**

| | |
|---|---|
| 250 g | mixed dried fruit |
| 1 can (440 g) | crushed pineapple and juice |
| 1 | cooking apple peeled, cored and grated |
| 1 cup | brown sugar |
| 1 tablespoon | brandy |
| 1 teaspoon | nutmeg |
| 1 teaspoon | cinnamon |
| 1 tablespoon | cornflour |
| ¼ cup | water |

**Method:**

Combine all ingredients (except cornflour and water) in 2-litre casserole dish. Cook on P7 for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on P10 for 4 to 6 minutes. Stir. Cool. Bottle and seal or use immediately.

## Cucumber Pickle

**Ingredients:**

| | |
|---|---|
| 2 | cucumbers |
| 2 | onions, chopped |
| 2 tablespoons | salt |
| 250 ml | malt vinegar |
| ⅔ cup | sugar |
| ½ teaspoon | celery seeds |
| ½ teaspoon | mustard seeds |

**Method:**

Wash cucumbers and remove ends, dice (do not peel). Place diced cucumber in bowl. Add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in jug and cook on P10 for 2 minutes. Stir and cook on P10 for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.

# Micro-made Extras

## Cheese Sauce

Makes: 1½ cups

**Ingredients:**

| | |
|---|---|
| 40 g | butter |
| 2 tablespoons | flour |
| 1½ cup | milk |
| ½ cup | grated cheese |

**Method:**

Melt butter in 1-litre jug on P10 for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 1 to 1½ minutes. Add cheese and cook on P10 for a further 2 to 2½minute. Stir and serve with vegetables of your choice.

## Caramel Sauce

Makes: 2 cups

**Ingredients:**

| | |
|---|---|
| 1 can (440 g) | condensed milk |
| ¼ cup | brown sugar |
| 2 tablespoons | golden syrup |
| 300 ml | cream |

**Method:**

Combine condensed milk, brown sugar and golden syrup in 1-litre jug. Mix well. Cook on P10 for 4 to 5 minutes, stirring halfway through cooking. Add cream and stir until combined. Serve over ice cream.

## Chocolate Macadamia Nut Sauce

Makes: Approximately 1 cup

**Ingredients:**

| | |
|---|---|
| 200 g | dark chocolate |
| 300 ml | cream |
| ¼ cup | macadamia nuts, chopped finely |

**Method:**

Place chocolate and cream in 500 ml pyrex jug. Melt on P10 for 1 to 2 minutes. Add nuts and serve hot over ice cream.

## Apple Spread

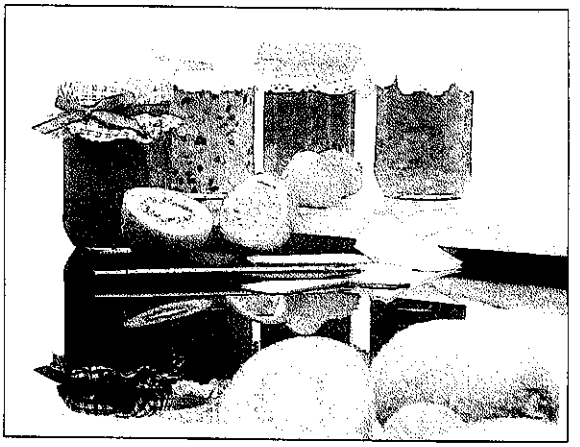
Makes: 1½ cups

**Ingredients:**

| | |
|---|---|
| 6 | medium apples, peeled and grated |
| ¼ cup | water |
| 1 cup | caster sugar |
| 2 tablespoons | lemon juice |

**Method:**

Place apples and water in 3-litre casserole dish. Cook covered on P10 for 6 to 7 minutes, stirring once during cooking. Add sugar and lemon juice. Cover and cook on P10 for 14 to 16 minutes. Allow to cool, then puree until smooth. Pour into sterilised jars and seal.



Jam

## Sweet Apricot Jam

Makes: Approximately 1 litre

**Ingredients:**

| | |
|---|---|
| 750 g | dried apricots, cut in quarters |
| 1.8 litres | water |
| 1.3 kg | sugar |
| 2 tablespoons | pectin |

**Method:**

Place apricots and water in 4-litre casserole dish. Cover and allow to stand overnight. Add sugar. Re-cover. Cook on P10 for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on P10 for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

## Rich Chocolate Sauce

Makes: 1¼ cups

**Ingredients:**

| | |
|---|---|
| 200 g | chocolate pieces |
| 300 ml | cream |

**Method:**

Combine chocolate and cream in 1-litre jug. Cook on P10 for 2 minutes. Mix well. Serve over ice cream.

## Sweet Berry Sauce

Makes: Approximately 2 cups

**Ingredients:**

| | |
|---|---|
| ½ cup | caster sugar |
| ½ cup | water |
| 500 g | berries |
| 2 tablespoons | water |
| 1 tablespoon | cornflour |

**Method:**

Combine sugar and water in 3-litre casserole dish. Cook on P10 for 2 to 3 minutes. Add berries. Cook on P10 for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on P10 for 2 minutes. Serve hot or cold with ice cream.

# Micro-made Extras

## Play Dough

Makes:approximately 1 cup

**Ingredients:**

| | |
|---|---|
| 1 cup | plain flour |
| ⅔ cup | water |
| ¼ teaspoon | food colouring |
| 2 tablespoons | cream of tartar |
| 1 tablespoon | oil |
| ¼ cup | salt |

**Method:**

Place all ingredients in a 2-litre dish. Cook on P10 for 3 to 5 minutes, stirring every minute. The mixture is cooked when it leaves the sides of the dish when stirred. Store in plastic wrap in the refrigerator. You may wish to adjust the amount of food colouring used depending on the colour you desire.

## Hollandaise Sauce

Makes: ¾ cup

**Ingredients:**

| | |
|---|---|
| 60 g | butter |
| 2 tablespoons | lemon juice |
| 2 | egg yolks |
| ¼ cup | cream |
| ½ teaspoon | mustard |
| ¼ teaspoon | salt |

**Method:**

Place butter in 2-cup jug. Cook on P10 for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on P6 for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

## Mint Sauce

Makes: Approximately ¼ cup

**Ingredients:**

| | |
|---|---|
| ¼ cup | water |
| 1 tablespoon | sugar |
| 2 tablespoons | brown vinegar |
| 2 tablespoons | mint, finely chopped |

**Method:**

Combine all ingredients in 1-cup jug. Cook on P10 for 30 to 60 seconds. Stir well and serve with Roast Lamb.

**HINT:**
COOKING SAUCES:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

## Lemon Lime Cordial

Makes:approximately 1.5 litres of undiluted cordial

**Ingredients:**

| | |
|---|---|
| 10 | large lemons |
| 6 | limes |
| 4 cups | sugar |
| 2 cups | water |
| 2 teaspoons | citric acid |

**Method:**

Squeeze juice from lemons and limes. Place in a 3 to 4-litre dish with the remaining ingredients. Cook on P10 for 8 to 10 minutes. Stir 2 to 3 minutes during this cooking time to dissolve sugar. Cook on P10 for 25 to 30minutes, or until the mixture has become a syrupy consistency. Set aside to cool. Pour into bottles and seal. Store in the refrigerator and serve with cold water, soda or mineral water and fresh mint leaves if desired.

## Lemon Sauce

Makes: 250 ml

**Ingredients:**

| | |
|---|---|
| 1 tablespoon | butter |
| ½ cup | sugar |
| 1 cup | water |
| 2 tablespoons | cornflour |
| ½ teaspoon | grated lemon rind |
| 2 tablespoons | lemon juice |

**Method:**

In 4-cup glass jug, heat butter on P10 for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on P10 for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

## Mushroom Sauce

Makes: 1½ cups

**Ingredients:**

| | |
|---|---|
| 3 tablespoons | butter |
| 2 tablespoons | flour |
| 1 teaspoon | soy sauce |
| ¾ cup | cream |
| 1 can (190 g) | drained mushrooms or fresh mushrooms, sliced |
| ½ teaspoon | curry powder |
| | salt and pepper to taste |

**Method:**

Place butter in 4-cup glass jug. Cook on P10 for 40 seconds. Add flour, soy sauce and blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on P10 for 2 to 3 minutes, stirring every minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on P10 for 30 to 60 seconds.

# NOTES

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# Before Requesting Service

## THESE THINGS ARE NORMAL

| | |
|---|---|
| The oven causes interference with my TV. | Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven. |
| Steam accumulates on the oven door and warm air comes from the oven vents. | During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. |
| I accidentally ran my microwave oven without any food in it. | Running the oven empty for a short time will not damage the oven. However, we do not recommend this. |

| PROBLEM | POSSIBLE CAUSE | REMEDY |
|---|---|---|
| Oven will not turn on. → | The oven is not plugged in securely. | Remove plug from outlet, wait 10 seconds and re-insert. |
| | Circuit breaker or fuse is tripped or blown. | Reset circuit breaker or replace fuse. |
| | There is a problem with the outlet. | Plug another appliance into the outlet to check if the outlet is working. |
| Oven will not start cooking. → | The door is not closed completely. | Close the oven door securely. |
| | ***Start*** was not pressed after programming. | Press ***Start*** Pad. |
| | Another programme has already been entered into the oven. | Press ***Stop/Reset*** Pad to cancel the previous programme and programme again. |
| | The programme has not been entered correctly. | Programme again according to the Operating Instructions. |
| | ***Stop/Reset*** has been pressed accidentally. | Programme over again. |
| When the oven is turning on, there is noise coming from the Glass Tray. → | The Roller Ring and oven bottom are dirty. | Clean these parts according to "Care of Your Microwave Oven" (see next page). |

If it seems there is a problem with the oven, contact an authorised Service Centre.

# Care of your Microwave Oven

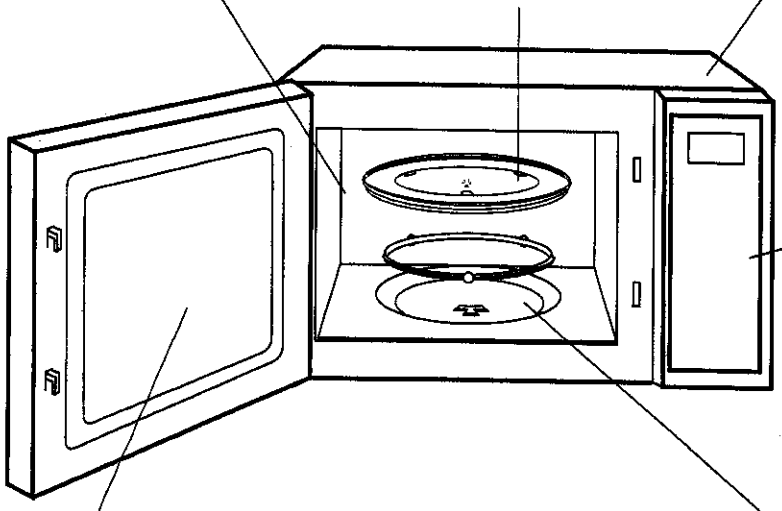
**BEFORE CLEANING:**
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

**AFTER CLEANING:**
Be sure to replace the Roller Ring and Glass Tray in the proper position and press ***Stop/Reset*** Pad to clear the Display Window.

**Inside of the oven:**
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

**Glass Tray:**
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and a non-abrasive cleanser.

**Outside oven surfaces and back vents.**
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



**Control Panel:**
- Covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. *(Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)*
- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

**Oven Door:**
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

**Roller Ring and oven cavity floor:**
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

# Technical Specifications

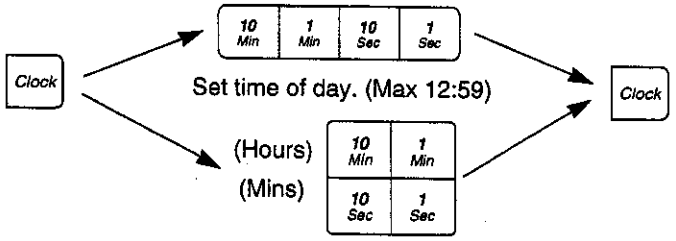
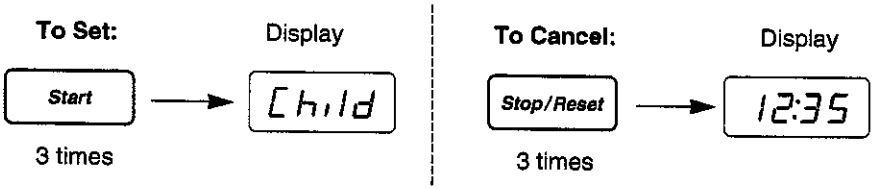
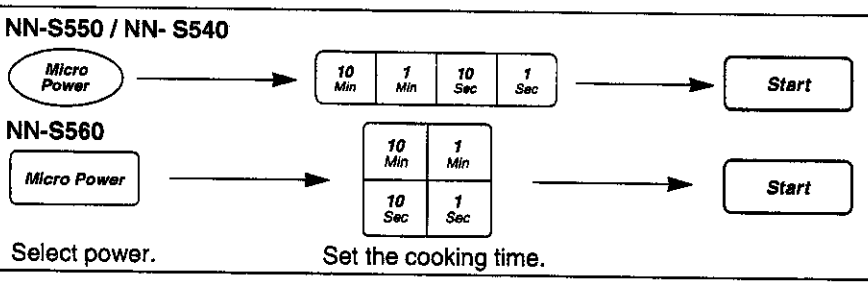
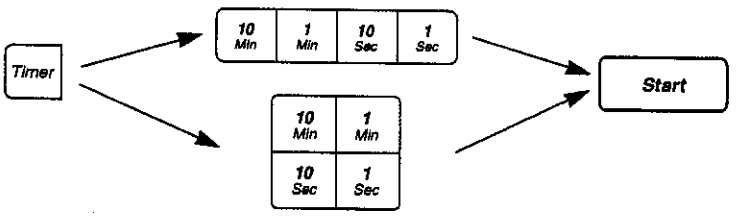
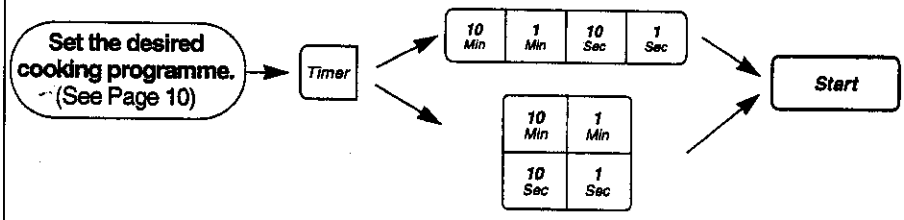
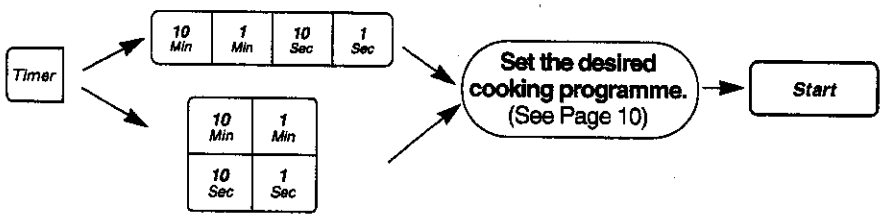
| | NN-S560 / NN-S550 / NN-S540 |
|---|---|
| Power Supply*: | 230 - 240 V<br>50 Hz |
| Power Consumption**: | 1120 W 4.9 A |
| Power Requirement(Maximum): | 1780 W 8.0 A * |
| Output***: | 1100 W |
| Outside Dimensions (H x W x D): | 301 x 518 x 407 mm |
| Oven Cavity Dimensions (H x W x D): | 225 x 373 x 386 mm |
| Operating Frequency: | 2,450 MHz |
| Uncrated Weight: | Approx. 12.0 kg |

* Voltage requirement may differ by country. Check your identification plate for power supply voltage required.
** IEC 60335-1 Test Procedure
*** IEC 705-88 Test Procedure

Specifications subject to change without notice.

# Quick Guide to Operation

## FOR ALL MODELS

| Feature | How to Operate |
|---|---|
| **To Set Clock** (☞ page 9) |   |
| **To Set / Cancel Child Safety Lock** (☞ page 9) |   |
| **To Cook / Reheat / Defrost by Micro Power and Time Setting** (☞ page 10) |   |
| **To Use as a Kitchen Timer** (☞ page 20) |   |
| **To Set Standing Time** (☞ page 20) |   |
| **To Set Delay Start** (☞ page 20) |   |

# Quick Guide to Operation

## FOR ALL MODELS

| | |
|---|---|
| **To use Turbo Defrost Pad** (☞ page 12) | **NN-S550 / NN-S540**<br>Turbo Defrost (1.0kg / 0.1kg) → Start<br>**NN-S560**<br>Turbo Defrost (1.0kg / 0.1kg) → Start<br>Set weight. |

### Only for Models NN-S560

| | |
|---|---|
| **To Cook using "Sensor Cook" Pads (S)** (☞ page 18) | Press until desired food category pad appears.<br>e.g. (1 Vegetables) → (More/Less) optional → Start |
| **To Reheat using "Sensor Reheat" Pad** (☞ page 18) | Sensor Reheat → (More/Less) optional → Start |

### Only for Models NN-S550

| | |
|---|---|
| **To Cook using "Auto Cook" Pads** (☞ page 15) | Press to select the desired food category.<br>Auto Cook → Serving/Weight → Start |

### Only for Models NN-S550 / NN-S540

| | |
|---|---|
| **To Reheat using "Auto Reheat" Pad** (☞ page 14) | Auto Reheat → Start |